



## Chickpea Snackers

By Chef Veera Gaul, Ph.D.



### Ingredients

(\* indicates my preferred ingredients – see notes for alternatives)

2 cans chickpeas (14 oz) drained and rinsed  
3 tablespoons O&V [Garlic Extra Virgin Olive Oil](#) \*  
½ teaspoon kosher salt

### Seasoning

1½ teaspoons O&V [Tuscan dipper](#) \*  
½ teaspoon O&V [Smoked Paprika](#) \*  
½ teaspoon garlic powder  
½ teaspoon onion powder  
½ teaspoon lemon zest

### Preparation

Drain and rinse the chickpeas. Lay out on a kitchen towel and gently rub to remove the outer skin. Allow to air dry for minimum of 30 minutes (preferably 1-2 hours)

Preheat an air fryer to 390F for five minutes.

Toss the chickpeas in the Garlic EVOO and salt. Place in the heated air fryer in one layer (you may have to do this in batches depending on the size of your air fryer).

Cook for 5 minutes, open, shake to toss the chickpeas, and cook for an additional 5 minutes. Open and toss. Cook for an additional 2-5 minutes till crispy.

In the meantime, in a dry, small saucepan, combine the Tuscan Dipper, Smoked Paprika, garlic powder and onion powder and toast gently over a medium flame for 1-2 minutes till aromatic. Remove from heat and add in the grated lemon zest.

Remove the chickpeas from the oven, and season immediately with the spice mix. Taste, and adjust saltiness with a little sprinkle of salt if needed.

Allow to cool completely and store in an airtight container

Serves: 6-8 snack sized servings

Active time 20 minutes Total Time: 20 minutes (plus time for drying the chickpeas)

### **Chef Note**

If you don't have an air fryer, you can heat an oven to 425F and place a large rimmed baking tray in the oven to preheat as well.

Toss the chickpeas with the EVOO and sprinkle with salt. Place the chickpeas on the heated baking tray (do not use foil or parchment paper on the tray).

Bake in the oven for 20-30 minutes shaking every 10 minutes to allow for even cooking. This will not make them quite as crispy as the air fryer, but is a good option.

### **Notes**

\* The [Garlic EVOO](#) adds a garlicky flavor and the [Smoked Paprika](#) adds depth and color to the chickpeas. The [Tuscan Dipper](#) is a fabulous flavoring, but you can use your favorite spices or spice mixes as well. You can use an [Unflavored EVOO](#) and add more garlic powder and another high-quality paprika.

All highlighted products are available at [Oil & Vinegar stores](#)

Categories: Snacks & Sides, Crispy Chickpeas, Snacking on the Mediterranean Diet, Vegan, Vegetarian, Gluten Free, Dairy Free, Plant Based, Healthy Snack