

# Cajun Roasted Garbanzo Beans

Serves 8

## Ingredients:

- 1½ cups garbanzo beans, drained
- 2 tablespoons olive oil
- 1 teaspoon Cajun seasoning\*

## Directions:

1. Preheat oven to 350 degrees F.
2. Line a baking sheet with aluminum foil or spray baking sheet with cooking spray.
3. Pat the garbanzo beans dry with a paper towel and discard any excess skins that fall off.
4. In a medium bowl, toss the garbanzo beans with the olive oil and Cajun seasoning.
5. Spread into a single layer on the baking sheet.

6. Bake 50-60 minutes or until garbanzo beans are golden and crisp. Check and stir the garbanzo beans every 10 minutes during baking.

7. Remove from oven and cool completely before serving.

**\*Tip:** If Cajun seasoning is not available, substitute a blend of salt, black pepper, paprika, onion powder and oregano. Add heat with a pinch of cayenne pepper. For variety, try this recipe with other seasonings and flavor combinations like Italian seasoning, curry powder, garlic powder, and more!

Recipe from:

<https://fns-prod.azureedge.net/sites/default/files/resource-files/GarbanzoBeansCanned.pdf>

Recipe adapted from North Dakota State University Extension



## Nutrition Facts

8 servings per container	
<b>Serving size</b>	<b>1/8 of recipe (32g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>70</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 60mg	<b>3%</b>
<b>Total Carbohydrate</b> 7g	<b>3%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Calcium</b> 12mg	<b>0%</b>
<b>Iron</b> 0mg	<b>0%</b>
<b>Potassium</b> 31mg	<b>0%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This institution is an equal opportunity provider.

# Cajun Roasted Garbanzo Beans

Serves 8

## Ingredients:

- 1½ cups garbanzo beans, drained
- 2 tablespoons olive oil
- 1 teaspoon Cajun seasoning\*

## Directions:

1. Preheat oven to 350 degrees F.
2. Line a baking sheet with aluminum foil or spray baking sheet with cooking spray.
3. Pat the garbanzo beans dry with a paper towel and discard any excess skins that fall off.
4. In a medium bowl, toss the garbanzo beans with the olive oil and Cajun seasoning.
5. Spread into a single layer on the baking sheet.

6. Bake 50-60 minutes or until garbanzo beans are golden and crisp. Check and stir the garbanzo beans every 10 minutes during baking.

7. Remove from oven and cool completely before serving.

**\*Tip:** If Cajun seasoning is not available, substitute a blend of salt, black pepper, paprika, onion powder and oregano. Add heat with a pinch of cayenne pepper. For variety, try this recipe with other seasonings and flavor combinations like Italian seasoning, curry powder, garlic powder, and more!

Recipe from:

<https://fns-prod.azureedge.net/sites/default/files/resource-files/GarbanzoBeansCanned.pdf>

Recipe adapted from North Dakota State University Extension



## Nutrition Facts

8 servings per container	
<b>Serving size</b>	<b>1/8 of recipe (32g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>70</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 60mg	<b>3%</b>
<b>Total Carbohydrate</b> 7g	<b>3%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Calcium</b> 12mg	<b>0%</b>
<b>Iron</b> 0mg	<b>0%</b>
<b>Potassium</b> 31mg	<b>0%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This institution is an equal opportunity provider.