

Ranch Roasted Chickpeas



INGREDIENTS

- 1 can chickpeas (15 oz.)
drained and rinsed
- 2 tsp. olive oil
- ½ tsp. dried thyme
- ½ tsp. dried parsley
- ½ tsp. onion powder
- 1 tsp. dried dill
- ½ tsp. garlic powder
- ½ tsp. pepper



NUTRITION FACTS

4 servings
 Calories: 114
 Fat: 4 g
 Sodium: 296 mg
 Total Carbohydrate: 14 g
 Dietary fiber: 5 g
 Protein: 5 g

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Dry the chickpeas with a paper towel. In bowl, add chickpeas, olive oil, and seasonings.
3. Toss well and spread chickpeas on parchment paper lined baking tray.
4. Roast 15-20 minutes. Stir chickpeas and return to oven for another 15 minutes.
5. Cool for 10 minutes and enjoy!

Healthy Baked Tortilla Chips



INGREDIENTS

- 10 corn tortillas
- Salt (optional additional spices)

NUTRITION FACTS 4 servings

Calories: 130 Total Carbohydrate: 26 g
 Fat: 1.7 g Dietary fiber: 3.8 g
 Sodium: 27 mg Protein: 3.4 g

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Stack tortillas one on top of the other and use kitchen scissors to cut them into 4 slices like you would cut up a pizza.
3. Spread them out in a single layer on a cookie sheet (not air-bake), spacing them at least ¼ inch apart (they will be chewy instead of crispy if not spaced properly).
4. Bake 8 minutes or until crispy (NOTE: If you must use an air-bake pan, try 350 degrees for 20 minutes.).
5. Shake salt and desired toppings over tortillas.
6. TOPPING OPTIONS (choose any combo): SPICES: paprika, chili powder, cumin, onion powder, garlic powder (sparingly), cayenne pepper (sparingly, will add heat!).