

 **Prep:** 10 minutes  
 **Cook:** 40 minutes  
 **Servings:** 8

# Crunchy Garbanzo Beans

## INGREDIENTS

2 cans (~16 oz) BUSH'S® Garbanzo Beans, *drained and rinsed*  
2 Tbsp olive oil  
1/2 tsp salt  
1/8 tsp freshly ground black pepper  
1 Tbsp fresh rosemary, *chopped*  
3 Tbsp Parmigiano-Reggiano cheese, *freshly grated*

## DIRECTIONS

1. Preheat oven to 400 degrees F. Line large, rimmed baking sheet with aluminum foil.
2. Rinse the beans in colander, drain and dry well with paper towel.
3. Add oil, salt and pepper to beans and toss evenly to coat.
4. Spread beans in even layer on baking sheet and place in preheated oven. Bake for 30 minutes, until crunchy, stirring and shaking pan midway through baking.
5. Sprinkle rosemary evenly over beans, and continue to cook for 8-10 minutes, until beans are crunchy. Some will be slightly soft in the center. Remove pan from the oven and transfer beans to serving bowl.
6. Sprinkle cheese over beans and stir to evenly distribute cheese.

### Nutrition Information (per serving)

Calories 120	Carbohydrate 14g	Calcium 72mg (6%)
Total Fat 5.4g	Fiber 2.8g	Iron 1mg (5%)
Saturated Fat 1.4g	Sugars 0g	Potassium 108mg (2%)
	Protein 4.7g	



**Canned Beans**  
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