

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

# Crunchy Garbanzo Beans

## INGREDIENTS

- 2 cans (~16 oz) Garbanzo Beans, any variety, *drained and rinsed*
- 2 Tbsp olive oil
- ½ 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 103	Carbohydrate 10.5g	Calcium 72mg (6%)
Total Fat 5g	Fiber 3g	Iron 1mg (5%)
Saturated Fat 1g	Sugars 0g	
	Protein 5g	

