




Crunchy Bonzo Beans



Vegetable

HACCP Process Category 2

USDA Foods Recipe

Ingredients	105 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Garbanzo beans, canned, low-sodium 	3 #10 cans				<ol style="list-style-type: none"> 1. Pre-heat oven to 400°. 2. Open cans of beans, drain, and rinse beans well under cool running water. 3. Drain beans well and pat dry with towel. 4. Mix olive oil and the remaining seasonings in a bowl. 5. Add the beans and coat well. Pour them on the sheet pan and spread the beans out evenly. 6. Bake for 20 minutes at 400°. Stir the beans around on the pan and bake for another 20 to 25 minutes until crisp and roasted. Beans will turn dark in color. <p>Notes:</p> <ul style="list-style-type: none"> • 1 #10 can fits perfectly on a sheet pan. • Store at room temperature in an air tight container.
Vegetable oil		1 ½ cup			
Paprika		2 ½ Tbsp			
Garlic salt		2 Tbsp			
Onion powder		3 Tbsp			
Black pepper, ground		1 ½ Tbsp			

					<ul style="list-style-type: none"> • Serve in soufflé cup, or use to top a salad, or serve as a healthy snack. • If you bake ahead and they are not crisp at time of service, return them back in oven at 400° for 5 minutes to re-crisp. • Can add cayenne pepper to make them spicy.
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 USDA Foods

Serving Size	1 Serving Provides	Yield
¼ cup	¼ cup vegetable, beans/legumes	105 servings; 25 cups

Nutrients Per Serving

Calories	105	Sodium	162.4mg	Vitamin A	94.31 IU
Total Fat	4.57 g	Carbohydrates	12.96 g	Vitamin C	0.05 mg
Saturated Fat	0.60g	Dietary Fiber	2.5 g	Calcium	25.31mg
Trans Fat	0 g	Protein	3.83 g	Iron	0.63 mg
Cholesterol	24.8 mg	Calories from Total Fat	39.91 %	Calories from Saturated Fat	5.10 %

This recipe utilizing USDA Foods was developed by Chef Dee Dee Olson as part of a USDA Team Nutrition grant in 2014.

