

Crispy Roasted Chickpeas

Freeman School District

Recipe Category: Vegetables (legumes)

Ingredients	50 Servings		100 Servings		84 Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Garbanzo Beans, drained	2 lb 11 oz	6¼ cups	5 lb 6 oz	12½ cups	4 lb 4½ oz	10½ cups	<ol style="list-style-type: none"> Rinse beans Lay beans out on a baking sheet. Pat dry w/paper towels. Some of the beans have a thin skin on them. You can leave the skins on or use the paper towel to rub them off and discard. The chick peas should be completely dry. Drizzle with olive oil. Toss to distribute the oil. Bake at 325° F in the convection oven for 40 – 50 minutes, until golden brown and crunchy (not soft). They should make a rattling sound when you shake the baking sheet. After roasting and while still warm season with preferred spice blend. <p>CCP: Hold at 41° F or below for cold service</p>
Olive Oil		2 Tbsp 1 tsp		4 Tbsp 2 tsp		¼ cup	
Seasoning Blend of Choice		1 Tbsp ½ tsp		2 Tbsp 1 tsp		2 Tbsp	
Moroccan Spice Mix							
Ground Cumin		1⅞ tsp		2⅓ tsp		2 tsp	
Ground Coriander		⅝ tsp		1⅞ tsp		1 tsp	
Chili Powder		⅓ tsp		⅝ tsp		½ tsp	
Paprika		⅓ tsp		⅝ tsp		½ tsp	
Ground Cinnamon		⅓ tsp		⅝ tsp		½ tsp	
Ground Allspice		⅓ tsp		⅓ tsp		¼ tsp	
Ground Ginger		⅓ tsp		⅓ tsp		¼ tsp	
Cayenne Pepper		dash		⅓ tsp		⅓ tsp	

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
2 Tbsp		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		⅓ cup (legumes)	

Nutrient Analysis		
Calories: 42	Saturated Fat: .13 gram	Sodium: 90.12 mg