



Spicy Roasted Chickpeas

With apples and carrots

Ingredients

2 15 oz cans chickpeas, drained, rinsed
1 small package baby carrots, chopped
1 apple, sliced & chopped in large pieces
1 tablespoon extra virgin olive oil,*
plus more for serving, if desired.
1/2 tsp garlic salt
1/2 tsp ground cumin
1/2 tsp paprika
1/4 tsp chili powder
1/2 lemon, cut into wedges
1/2 cup sour cream
dill weed, sprinkled on sour cream

*Meyer's Lemon Infused Extra Virgin Olive Oil,
if available

Instructions

Preheat oven to 425°F.

Prepare large rimmed baking sheet with
parchment paper.

Drain and rinse chickpeas; pat to dry.

Chop carrots and apples.

Place carrots, apples, & chickpeas into bowl.
Drizzle with oil & sprinkle with salt, cumin,
paprika, chili powder. Mix well and spread in
an even layer on baking sheet.

Roast until carrots are tender, 25-30 minutes,
turning over at midpoint.

Transfer to serving plate. Squeeze the lemon
over the top; add more oil if desired. Dollop
with sour cream, and sprinkle dollops with dill
weed. Enjoy.