

Roasted Garbanzo Bean

Source: Kohl Wholesale

Serves: 21 - 1/2 cups

CHILD NUTRITION

Vegetable: 1/3 cup dried = 1/2 cup
beans/peas

Calories: 116, Total Fat: 1g, Sat Fat: 0g, Sodium: 277mg,
Carbohydrate: 20g

Ingredients:

Garbanzo beans (Chickpeas), canned, low sodium - #10 can, drained (k#12440)
Ranch dressing mix (Foothill Farms) - 1/4 packet (k#21026)
Vegetable oil - 1 TBSP (k#88771)

Directions:

1. Drain Garbanzo beans, rinse well
2. Cover sheet pan with parchment paper
3. Place beans in a single layer on sheet pan
4. Roast beans at 300 F for 30 mins or until crunchy
5. Lightly cover beans with oil, then sprinkle with ranch dressing mix, stir well

