

Rockin' Roasted Chickpeas



ADAPTED FROM HOOVER CITY SCHOOLS, ALABAMA
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS

Process #3 – Complex Food Prep

YIELD:

50 Servings (1 m/ma)

100 Servings (1 m/ma)

Ingredients	Weight	Measure	Weight	Measure
Garbanzo Beans, low-sodium, canned, drained	5 lb 6 oz	1 ¼ cans	10 lb 12 oz	2 ½ cans
Oil, Olive or Vegetable		¼ cup		½ cup
Salt		2 ½ Tbsp		1/3 cup
Pepper, Red or Cayenne		¾ tsp		1 ½ tsp
Rosemary, fresh, chopped or Rosemary, dried (optional)		1/3 cup + 1 Tbsp 1/8 cup + 1 tsp		¾ cup ¼ cup + 2 tsp

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

Day Before:

1. Rinse and drain chickpeas very well in strainer.
2. Layer chickpeas on parchment lined sheet pan. Cover chickpeas with another sheet of parchment paper to dry. Pat gently to remove excess water. Store chickpeas in cooler overnight to dry.

Day of:

3. Remove chickpeas from cooler and toss chickpeas with the oil, salt, pepper.
4. Arrange in a single layer on baking sheet.
5. Roast at 350°F for 50-60 minutes, until chickpeas are golden brown and rattle when shaking the baking sheet.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

6. Transfer the roasted chickpeas to a bowl and toss with rosemary, if using.
7. Cool completely. Store in an airtight container for up to one week.

HACCP Critical Control Point: Cool to 41°F or lower within 4 hours.

Serving Information

Portion ¼ cup roasted chickpeas into individual cups to provide 1 meat/meat alternate or ¼ cup legume vegetable.

Use as ingredient in several recipes included in this K-12 cookbook resource.

Nutrition Information*From USDA Nutrient Database (Sodium may vary if using reduced-sodium products.)

Calories: 43 Total Fat: 1g Saturated Fat: 0g Carbohydrate: 6g (2g Fiber) Protein: 2g Sodium: 419mg