

Chickpea Nibblers

25 min, 1 servings

You'll probably want to make a double batch of these, as they are perfect for nibbling and packing into school lunches.

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper.

2. BAKE CHICKPEAS

Place **chickpeas** on baking sheet. Drizzle with **balsamic vinegar**, **soy sauce**, and **maple syrup**, then toss to combine. Bake, tossing **chickpeas** once or twice, until marinade is almost absorbed, 20 to 25 minutes. Remove **chickpeas** from heat while they're still a little moist. These are meant to be tender, not crunchy.

Ingredients

$\frac{1}{2}$ (15-oz) can chickpeas
drained & rinsed ($\approx\frac{3}{4}$ cup)

1 $\frac{1}{2}$ teaspoons balsamic vinegar

$\frac{3}{4}$ teaspoon low-sodium soy sauce
(or tamari or liquid aminos)

$\frac{1}{3}$ teaspoon pure maple syrup

You'll Need

baking sheet
parchment paper

This recipe is from forksmealplanner.com

Adapted from Dreena Burton's recipe in Plant-Powered Families.

Photo by Green Evi.

Scan to view recipe:

