



# Za'atar-Spiced Crispy Chickpeas

Za'atar, it's a Middle Eastern spice blend of thyme, sumac, sesame seeds and salt for a slightly tart, savory seasoning.



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*Yield: 5.5 cups    Prep time: 5 mins    Ready: 45 mins*

*Preheat oven to 350*

## INGREDIENTS

|                          |          |
|--------------------------|----------|
| Chickpeas, uncooked      | 3 cups   |
| Salt                     | 1 ½ tsp  |
| Olive Oil                | 1 tsp    |
| Za'atar                  | to taste |
| Additional salt to taste |          |

**\*\*Note:** Can't find Za'atar? Use any of your favorite seasonings instead.

## DIRECTIONS

- 1. Pour about 6 cups of water into a large heavy pot.*
- 2. Dissolve the salt, add the chickpeas and cover. Let sit overnight. Skip these steps if using canned chickpeas.*
- 3. The next day, drain the chickpeas and return them to the pot, adding fresh water to cover the beans.*
- 4. Set the pot over medium-high heat and bring to a boil. Cook until tender and creamy, about 1 hour.*
- 5. When the beans are cooked, preheat the oven to 350 degrees.*
- 6. Drain the beans and spread them on a sheet pan in a single layer*
- 7. Cook until golden brown, about 40 minutes. Gently shake the pan occasionally for more even cooking.*
- 8. Drizzle the olive oil over the chickpeas and shake or stir until they are fairly even coated.*
- 9. Season generously with za'atar and additional salt to taste*
- 10. Serve immediately or store in an airtight container for up to 3 weeks.*

**Nutrition Facts:** Calories 93 | Total Fat 2g  
|Saturated Fat 0g | Cholesterol 0mg | Sodium  
154mg | Carbohydrates 15g | Dietary Fiber 4g  
| Protein 5g

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