

Za'atar Roasted Chick Peas



Yield: 1 cup



Ingredients:

Chick peas (drained, rinsed and dried)	1 (19 oz) can	540 ml
Olive oil	1 tbsp	30 mL
Salt	¼ tsp	1.25 mL
Spice such as Za'atar seasoning (see recipe below)	1 tbsp	30 mL

Za'atar Seasoning:

Za'atar can be purchased at most grocery stores.

For a homemade version combine:

Oregano, dried	2 tsp	10 mL
Thyme, dried	1 tbsp	30 mL
Sumac, ground	1 tbsp	30 mL
Sesame seeds, toasted	1 tbsp	30 mL
Salt	½ tsp	2.5 mL

Optional Spices

Cumin seeds, toasted	1 tsp	5 mL
Coriander	1 tsp	5 mL

Instructions:

1. Preheat oven to 350°F (180°C)
2. Line a baking sheet with parchment paper.
3. Toss chick peas with oil, salt and za'atar seasoning.
4. Spread mixture evenly on lined baking sheet.
5. Bake 35-45 mins, shaking pan halfway to turn chick peas.
6. Remove from oven.
7. Serve as a simple snack, or as a topping for bowls, salads, etc.

Culinary Notes:

- To 'dry' chickpeas: drain, rinse, and roll in an absorbent kitchen towel. Squeeze gently until all the liquid is absorbed.

