

Crispy Chickpeas and Almonds with Herbs

EASY | RECIPE

Ingredients:

- ¼ cup extra virgin olive oil
- 2 tbsp lime juice
- 2 cloves garlic, chopped
- 2 15-oz cans no-salt-added chickpeas, drained and patted dry
- ½ cup almonds, chopped
- ¼ tsp salt
- ¼ tsp freshly ground black pepper
- ½ cup each freshly chopped basil, cilantro and chives

Method:

In a large frying pan set over medium heat, add olive oil and lime juice. **Once** hot, add garlic and chickpeas. **Sauté** 15 minutes, stirring often, until chickpeas begin to brown and some get crispy. **Add** almonds and sauté 5 more minutes, until almonds are toasted. **Remove** from heat. Add salt, pepper and fresh herbs. **Stir** to combine and serve hot.



Makes 6 servings. Per serving:

203 calories | 5g protein | 13g total fat | 2g saturated fat | 9g mono fat | 2g poly fat |
19g carbohydrate | 0g sugar | 4g fiber | 309mg sodium