

Pan-Fried Chick Peas

by ATKINSON DRIVE

Ingredients:

1 can Garbanzo Beans (a.k.a. Chick Peas)
Cooking Spray
Cajun Seasoning

Drain & rinse the chick peas in a colander.

Dump the rinsed chick peas onto a cookie sheet covered with paper towels. Pat with another paper towel to remove any excess water.

Remove the skins if you like.

Remove the paper towel & spread the chick peas in a single layer on the cookie sheet.

Coat thoroughly with cooking spray.

Sprinkle with Cajun seasoning.

Bake at 400 degrees for 25-30 minutes; until they are crispy on the outside & a little soft inside.

Add extra seasoning to taste.