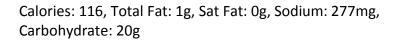
Roasted Garbanzo Bean

Source: Kohl Wholesale

Serves: 21 - 1/2 cups

CHILD NUTRITION Vegetable: 1/3 cup dried = 1/2 cup beans/peas



Ingredients:

Garbanzo beans (Chickpeas), canned, low sodium - #10 can, drained (k#12440) Ranch dressing mix (Foothill Farms) - 1/4 packet (k#21026) Vegetable oil - 1 TBSP (k#88771)

Directions:

- 1. Drain Garbanzo beans, rinse well
- 2. Cover sheet pan with parchment paper
- 3. Place beans in a single layer on sheet pan
- 4. Roast beans at 300 F for 30 mins or until crunchy
- 5. Lightly cover beans with oil, then sprinkle with ranch dressing mix, stir well

