



GARBANZO BEANS: A VEGETARIAN SNACK



Ingredients:

15.5 oz. can Garbanzo Beans
Olive Oil
Favorite Salt

Directions:

Open a can of Garbanzo Beans. Rinse them off. Dry them on a towel and put them in a small bowl. Next, mix the Garbanzo Beans with some Olive Oil and a good portion of a favorite salt or seasoning. Place Garbanzo Beans on a pan. Roast in the oven at 425 degrees for 20-25 minutes. Once cool, store in a bowl with a fitted lid or a ziplock bag for the best freshness.

