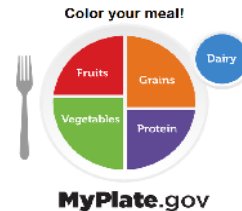




CURRIED GARBANZO BEAN POPPERS



Ingredients:

- 1 15.5-ounce can garbanzo beans or chickpeas, drained and rinsed**
- 1 teaspoon curry powder
- 2 teaspoons olive oil
- 1 teaspoon chopped cilantro**

Directions:

1. Preheat oven to 425°F (218°C).
2. On a foil-lined sheet tray, mix together the garbanzo beans, curry powder and olive oil. Spread beans out in a single-layer to ensure each bean has enough space to get crispy.
3. Bake for 25 minutes.
4. Remove beans from oven and gently toss in the cilantro before serving warm.

Find more recipes and resources online at: www.gcfb.org/recipes_resources

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