RECIPE

Air-fryer crispy chickpeas

A crunchy chickpea snack for the trail or the desk, made in the air fryer or the oven, with about 230 mg sodium a serving.

MAKES

3 servings US Metric

TOTAL

30 min

Ingredients

- [ ] 1 ½ cups no-salt-added canned chickpeas, drained and rinsed
- [ ] 2 tsp olive oil
- [ ] 1 tsp smoked paprika
- [ ] 1 tsp chili powder
- [ ] ½ tsp ground cumin
- [ ] ¼ tsp garlic powder
- [ ] ¼ tsp salt
- [ ] 1 ½ tsp lime juice

Method

1. Drain and rinse the chickpeas. Spread them on a clean kitchen towel, lay a second towel on top and pat until they look dry. Rub off any loose skins and let them sit 5 minutes. Wet beans steam instead of crisp.

2. In a bowl, toss the dry chickpeas with the olive oil, then the smoked paprika, chili powder, cumin, garlic powder and salt, until every bean has a thin coat. Keep the lime juice aside for the end.

3. Air fryer: heat to 400 °F. Spread the chickpeas in one layer in the basket, no oil on the basket. Cook for 12 to 15 minutes and give the basket a good shake every 4 minutes. Cook a double batch in two rounds; a crowded basket stays soft.

4. Oven: heat to 400 °F with a rack in the middle. Spread the chickpeas in one layer on a rimmed sheet pan. Roast 25 to 30 minutes, shaking the pan every 10 minutes. Oven heat is not changed by altitude, so the sea-level time works at 5,300 ft.

5. They are done when they rattle on the pan or basket and the outside is deep golden and hard to the fingernail. A few will still be soft in the middle; they firm up as they cool.

6. Pull them out and toss at once with the lime juice. Let them cool on the pan 10 minutes; they get crunchier as they cool. They are at their best the day they are made.

7. Once cool, keep them in a jar with the lid left loose, on the counter, and eat them within 2 days. A tight lid or the fridge makes them chewy.