

Fun Recipes



Roasted Chick Peas

PREP: 5 minutes
TOTAL: 25 minutes
YIELD: 2 servings

Ingredients

15 oz can chickpeas, rinsed & drained
2 tsp olive oil
1/2 tsp salt (optional)
1 tsp of your favorite spice
(ie- chili powder, creole seasoning,
garlic powder, old bay)

Method

Preheat oven to 400 degrees.

Spray a cookie sheet with nonstick cooking spray.

In a medium sized bowl toss rinsed chickpeas with olive oil, your favorite spice, and salt.

Spread chickpeas onto cookie sheet.

Bake chickpeas for 20 minutes turning throughout.

Remove from oven and let cool.

Enjoy this high fiber snack!



Baked Green Bean 'Fries'

PREP: 5 minutes
TOTAL: 25 minutes

Ingredients

1 pound fresh green beans
1/4 cup Olive oil
1/3 cup grated parmesan cheese
salt & pepper to taste

Method

Preheat oven to 400 degrees.

Spray a cookie sheet with nonstick cooking spray.

Wash your beans thoroughly. Snap off the ends.

In a medium sized bowl toss beans with olive oil and parmesan.

Spread greens beans onto cookie sheet. Bake green beans for 20 minutes turning throughout.

Remove from oven salt and pepper to taste.
Serve hot. Enjoy!