

Herbed Chickpeas

December 15, 2015

Recipe information

YIELD Makes about 3 cups

Ingredients

- 2 15.5-ounce cans chickpeas, rinsed, patted dry
- 4 garlic cloves, crushed
- $\frac{1}{3}$ cup olive oil
- Kosher salt, freshly ground pepper
- $2\frac{1}{2}$ cups chopped mixed tender herbs (such as parsley, cilantro, chives, and/or basil)

Preparation

Place chickpeas in a large skillet or Dutch oven and add garlic and oil; season with salt and pepper. Cook over medium heat, stirring occasionally, until chickpeas are crisped and some have split open (these will be the most delicious ones), 10–15 minutes. Remove from heat; stir in herbs.

Nutrition Per Serving

Per 4 servings: Calories (kcal) 470 Fat (g) 23 Saturated Fat (g) 3 Cholesterol (mg) 0
Carbohydrates (g) 52 Dietary Fiber (g) 15 Total Sugars (g) 9 Protein (g) 16 Sodium (mg) 470

Explore Bon Appétit

Chickpea

Bean

Vegetable

Easy

5 Ingredients or Fewer

Starter

Snack

Dairy-Free

Gluten-Free

Nut-Free

Vegan

Vegetarian

Healthyish
