



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM

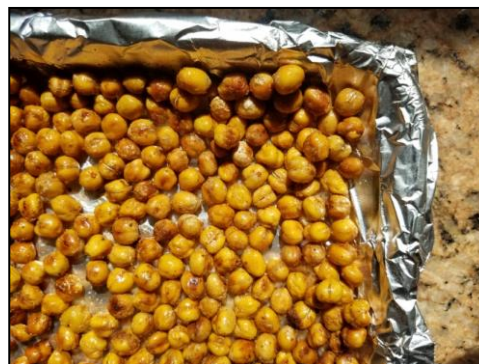


Oven-Roasted Buffalo Chickpeas

Serving size: ¼ cup

Ingredients

- 2 cans chickpeas, drained and rinsed and air-dried
- 2 tsp olive oil
- 2 tsp ground cumin
- 2 tsp ground coriander
- 1 tsp paprika
- 2-3 shakes of Frank's RedHot sauce
- 1 tsp Sea salt
- ½ tsp black pepper



Directions

1. Preheat oven to 425 degrees F. Line baking sheet with foil.
2. Drizzle chickpeas with oil, spices, hot sauce salt, pepper.
3. Roast for 30-35 minutes or until crisp throughout.

Nutrition Tips:

1. Roasted chickpeas are an excellent source of plant-based protein and soluble fiber, making them a satisfying snack or crunchy topping for your salad.
2. Chickpeas, among other beans (black, kidney, navy, and pinto) are an excellent source of soluble-fiber, which may help to reduce LDL (bad) cholesterol levels.

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.