


Dry Roasted Garbanzo Beans

 Cooking time: 40 minutes
HACCP Process #2 Same Day Service



1 Serving Provides:

CACFP: ¼ cup Vegetables

NSLP: ¼ cup Beans/Peas

SFSP: ¼ cup Vegetables

Ingredients	10 Servings		20 Servings	
	Weight	Measure	Weight	Measure
Garbanzo beans, drained	1 pound 4 ounces	3½ cups	2 pounds 8 ounces	1 quart + 3 cups
Dried dill weed		2 teaspoons		1 Tablespoon + 1 teaspoon
Garlic powder		1 teaspoon		2 teaspoons
Onion powder		1 teaspoon		2 teaspoons
Dried parsley flakes		1 teaspoon		2 teaspoons
Black pepper		½ teaspoon		1 teaspoon
Salt		¼ teaspoon		½ teaspoon



Directions

1. Preheat oven to 400°F.
2. Drain and rinse garbanzo beans. Transfer the garbanzo beans to a large mixing bowl.
3. Combine the dill weed, garlic powder, onion powder, parsley flakes, salt and pepper in a small container. Sprinkle the seasonings over the garbanzo beans and stir until all pieces are well seasoned.
4. Spray sheet pans with pan-release spray. Transfer the seasoned garbanzo beans to the prepared sheet pans and spread beans into a single layer.
5. Place the sheet pans into the preheated oven and bake for about 20-30 minutes gently shaking and rotating pans every 10–15 minutes. The beans are done when they are crispy and brown. Let cool at room temperature before serving.

Serve ¼ cup portions.

Serving	Yield	Volume
¼ cup	10 servings, about 10 ounces 20 servings, about 1 pound 4 ounces	10 servings, about 2 ½ cups 20 servings, about 5 cups

Nutrients Per Serving			
Calories	79	Sodium	197 mg
Total Fat	1.5 g	Carbohydrate	13 g
Saturated Fat	0 g	Dietary Fiber	0 g
Cholesterol	0 mg	Protein	4 g
		Vitamin A	13 IU
		Vitamin C	0 mg
		Iron	1 mg
		Calcium	25 mg