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Kitchari Spiced Chickpeas by Cara Marrs, RD

Kitchari spice is an Ayurvedic spice mix typically made of brown mustard seed, turmeric, mineral salt, cumin, ginger, asafetida, and fengreek. It lends a wonderful flavor. These chickpeas are a wonderful high fiber, protein packed snack for the whole family.

Ingredients:

- 2 cans garbanzo beans
- 1 tbsp kitchari or curry spice (see recipe below)
- 2 tbsp olive oil
- Salt and pepper to taste (I typically use Himalayan pink sea salt)

Instructions

1. Pre-heat oven to 425 degrees
2. Wash chickpeas under cold water, drain, and transfer to a bowl
3. In the bowl, start to gently dry the chickpeas with a paper towel
4. Transfer to a bowl, add olive oil and spice mix, toss to coat
5. Transfer to baking sheet and cook for 25-30 minutes until crisp and store at room temperature



Curry Spice Mix

Ingredients

- 2 tbsp ground coriander
- 2 tbsp ground cumin
- 2 tsp ground ginger
- ½ tsp black pepper
- 1 ½ tsp turmeric
- 1 tsp cinnamon
- ½ tsp cardamom
- 1 tsp ground mustard seed
- ½ tsp cayenne pepper (optional)

Instructions

- Mix well and store in a glass jar in your spice cabinet