



Texmex Chickpea Snackmix

Ingredients

- 1, 15-ounce can chickpeas
- 2 tablespoons + 2 teaspoons olive oil
- salt for sprinkling
- ½ lbs raw nuts of choice like almonds, walnuts, or cashews
- ½ lbs raw seeds of choice like sunflower seeds, or pepitas
- 1 tablespoon of lime zest
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 1 teaspoon smoked paprika
- ½ teaspoon oregano
- ¼ teaspoon cayenne pepper (based on spice preference)
- ½ teaspoon salt



Serves: 10

Prep Time: 5 minutes

Cook Time: 30 minutes

**Nutrition Information: 1 serving
185 calories, 13 g fat, 11g carb (3 g
fiber, 2 g sugar) 7.5g protein, 100 mg
sodium**



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614-884-HOPE (4673)



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Instructions

- 1. Preheat airfryer to 390 degrees. Drain can of chickpeas and rinse.**
- 2. Add beans to medium bowl. Toss with spices (reserve lime zest until the end) and 2 tablespoons of olive oil.**
- 3. Add to airfryer basket and cook for 12–15 minutes, shaking a few times in between.**
- 4. Remove and add to a bowl.**
- 5. Decrease temp to 350 degrees.**
- 6. Add nuts and seeds to a medium bowl. Drizzle 2 teaspoons olive oil over nuts and seeds. Toss to coat. Add to airfryer basket and cook for 5 minutes. Toss and return to airfryer to cook for 2–3 minutes more, watching closely.**
- 7. NOTE: If using smaller seeds, watch toasting closely so they do not burn.**
- 8. Cool completely.**
- 9. Once cooled, return nuts and seeds to medium bowl. Add cooled chickpeas. Add lime zest. Toss to coat. Add additional seasonings to taste if desired. Store in an airtight container.**

