

Chili Lime Roasted Chickpeas

Ingredients:

1 can chickpeas (garbanzo beans), drained and rinsed
2 T olive oil
1 t chili powder
1/2 t cumin
1/4 t garlic powder
1/4 t salt
1 lime, zested

Preheat oven to 400*

Spread chickpeas on a baking sheet. Drizzle with olive oil and toss in spices. Roast about 30 minutes, stirring about half-way through. Remove from oven, toss in lime zest and serve warm.

Tuscan Bean Dip

Ingredients:

1/4 C extra-virgin olive oil
1-2 garlic cloves, peeled and smashed
1-2 sprigs fresh or dried rosemary
1/2 t dried oregano
Pinch of red pepper flakes or powder
1 15 oz can cannellini or Great Northern beans, drained and rinsed
1/2 lemon, zested
Juice of 1/2 lemon
1-2 T water, optional
Salt and pepper, to taste

In a small skillet, warm olive oil, garlic, rosemary, oregano and red pepper over medium-low heat, stirring occasionally, until the garlic is golden, about 5 minutes. Remove the pan from the heat and discard the rosemary.

In a food processor or blender, combine the beans, lemon zest and juice, and oil from the pan, including the dried herbs and garlic, if desired.

Process until smooth, scraping sides down if needed. Season with salt and pepper to taste. Add more lemon juice or water if you prefer a thinner consistency.

Transfer the dip to a bowl and serve with veggies or crackers.