

Frugal -Air Fryer Chickpeas



Serving: 4



Cook Time: 20 mins



Level: Easy



INGREDIENTS

- 1 15oz. can chickpeas
- 3 tsp cooking oil, divided
- 1/2 Tbsp seasoning of choice:
 - Everything Bagel seasoning
 - Cajun seasoning
 - Seasoning salt (Lawry's)
 - Steak seasoning
 - Curry powder
 - Ranch seasoning
 - Italian seasoning
 - Garlic herb seasoning
 - Cinnamon and sugar
 - Taco seasoning

PREPARATION

1. Rinse and drain one can of chickpeas well. For extra crispy chickpeas, press the chickpeas between some paper towels or a lint-free kitchen towel to dry.
2. Add the drained chickpeas to a bowl and drizzle with 2 teaspoons cooking oil. Stir to coat.
3. Preheat the air fryer to 400°F (if your air fryer does not have a pre-heat function, let it run empty for 2-3 minutes on 400°F).
4. Add the chickpeas to the air fryer basket and spread them into a single layer. Air fry the chickpeas for 5 minutes, then shake to stir. Air fry for an additional 5 minutes and shake again. Check the chickpeas for doneness and add 2-3 more minutes or until they reach your desired level of doneness (we do 13 minutes total).
5. Transfer the air fried chickpeas to a bowl, drizzle with the second 1 teaspoon oil to help the seasoning stick, and stir to coat. Add your favorite seasoning and salt, if needed, then stir to coat again. Enjoy while warm and crispy!