

## SEEDS

This recipe was inspired by a mixed nut recipe from Nigella Lawson: Union Square Café Bar Nuts. It might remind you a bit of caramel popcorn.

### Sweet Roasted Chickpeas

Makes 3 cups

1 can (28 ounces) chickpeas, rinsed and dried with skins removed (if possible)

Scant 1/3 teaspoon coarse salt

1 1/3 tablespoons unsalted butter

2 tablespoons packed brown sugar

1/2 teaspoon ground cinnamon



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Line a rimmed baking sheet with a clean dish towel or paper towels. Pour the rinsed chickpeas on the towel and use a second to gently dry the beans. Use the towels to rub off the bean skins, but don't worry about getting every last one. Pick out and discard any slipped skins. Dry beans thoroughly with towels or let them sit out for a few hours to dry. These two steps will help ensure crunchy beans.

When ready to roast, preheat oven to 425 degrees. If you have a convection setting, use it at 400 degrees.

Sprinkle salt over chickpeas and dry roast 30 to 40 minutes. Turn the pan halfway through, and shake or stir the chickpeas at least twice during cooking time. Periodically check a bean for doneness — it should be crunchy all the way through.

When there are about 5 minutes left of cooking time, melt butter in a small saucepan. Stir in sugar and cinnamon until blended and smooth.

Remove baking sheet from oven and pour butter over chickpeas. Toss completely and return to oven for an additional 5 minutes. Remove beans from baking sheet and enjoy warm or cool.