

Mesquite Garbanzo Beans

Serves: 2

Ingredients:

- 1 (15oz) can Garbanzo Beans, rinsed, drained & dried
- 1 teaspoon Extra Virgin Olive Oil
- 1 Tablespoon Mesquite Seasoning
- 1 teaspoon of Sea Salt

Equipment Needed:

- Large bowl
- Spoon
- Sheet pan
- Aluminum foil

Directions:

Preheat the oven to 400 degrees. Prepare a sheet pan by lining it with aluminum foil.

Combine oil, mesquite, and salt into a medium sized bowl and stir until well combined.

Add beans and toss until well coated.

Pour the beans onto the sheet pan and sort them into a single layer.

Place the beans in the oven to roast for 30 minutes.

Remove the beans from the oven and allow them to cool completely on the pan. Serve and enjoy!

A Pound of Cure
Dr. Matthew Weiner

