

Crispy Cheddar Ranch Chickpea Poppers



Think crunchy meets tangy in the best way—these little chickpea poppers are your new secret weapon for snack attacks and party trays alike.

Ingredients

- 2 (15 oz) cans chickpeas, drained and rinsed
- 2 tablespoons olive oil
- 1 ½ teaspoons ranch seasoning mix (store-bought or homemade)
- ½ teaspoon garlic powder
- ¼ teaspoon smoked paprika (sub regular paprika if needed)
- ½ cup shredded sharp cheddar cheese
- 1 tablespoon cornstarch or arrowroot powder
- Salt, to taste

Instructions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Pat the chickpeas very dry using a clean kitchen towel—this helps them crisp.
3. In a large bowl, toss chickpeas with olive oil, ranch seasoning, garlic powder, smoked paprika, and a pinch of salt. Mix well to coat.
4. Add shredded cheddar and cornstarch to the bowl, and stir until chickpeas are evenly coated and cheesy bits start clumping slightly.
5. Spread the seasoned chickpeas out on the baking sheet in a single layer—don't crowd them!
6. Bake for 25–30 minutes, stirring once halfway through, until golden and crisp on the edges.
7. Let them cool on the baking sheet for 10 minutes to crisp up further before serving.

Servings: 4

Nutrition

- **calories:** 210
- **protein:** 9
- **carbs:** 22
- **fat:** 10
- **fiber:** 6
- **sugar:** 2