

Roasted Chickpeas and Asparagus with Mint

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Chickpeas, also known as garbanzo beans, are a protein-rich way to enjoy a meatless meal. Roasted with asparagus and finished with mint, this golden crisp dish will make for a hearty lunch or light dinner.

Ingredients:

1 pound asparagus, cut into ½ -inch pieces
1 (15-ounce) can chickpeas, dried and soaked
2 tablespoons olive oil
1 teaspoon sesame oil
½ teaspoon sea salt
½ teaspoon black pepper
2 tablespoons chopped fresh mint
1 tablespoon lemon juice

Directions:

1. Preheat oven to 400°F.
2. In a large bowl, toss asparagus and chickpeas with oils, salt, and pepper to taste.
3. Spread evenly on a baking sheet and place on the center rack of the oven for 10 minutes. Stir, flip, toss, etc. the vegetables and put back in the oven for another 5–10 minutes or until the asparagus is tender but not mushy and the chickpeas have started to caramelize. Remove and toss with fresh mint and lemon juice.