

Egyptian Roasted Chickpeas with Nuts and Seeds

This mixture makes an excellent snack as well as a side dish that would have been enjoyed in both ancient and modern Egypt.

Ingredients

(1) 8 oz. can of chickpeas **or** 1 cup dried chickpeas
water
¼ cup walnuts
¼ cup pine nuts
½ cup mixed seeds
2 lemons
sea salt

Utensils

can opener
cookpot
measuring cup
colander
lemon reamer
wooden spoon
baking pan

This dish is seasoned to taste. Preheat the oven to 350°F. Juice the lemons. Cook the chickpeas in water in a cookpot on the stove over medium high heat until they are soft, then using a colander, drain off the cooking liquid. If using canned chickpeas, drain off the liquid. Place the nuts, seeds, and the chickpeas into a cookpot and add just enough water to cover them. Add the lemon juice and salt. Bring to a boil on the stove over medium high heat, then reduce the heat to low. Simmer for 5 to 6 minutes, then drain off the water in a colander. Spread the ingredients on a baking pan and place the pan in the oven. Bake for 20 to 25 minutes. Frequently shake the pan to mix the chickpeas with the nuts and seeds and to make sure they don't burn. Remove the pan from the oven when the mixture is lightly browned. Serve warm, or the mixture can be stored in an airtight container for up to 2 weeks.