

# SPICY ROASTED CHICKPEAS

 NORA MOUNCE

**CANNABIS-INFUSED EDIBLES** have a hard-earned reputation for being overwhelmingly strong and sweet. While more and more Americans are improving their health by cutting back on sugar and adding a microdose of cannabis to their daily regime, it's still challenging to find healthy and affordable savory edibles. If you're starting to experiment with edibles, using a store-bought, cannabis-infused oil is a smart way to keep a control factor on your culinary experiments. Infused olive oils are increasingly available at dispensaries—the exact strength of the product will be clearly marked on the label. In California, new state regulations require that infused products contain only 10 mg of THC per serving. Determining how much THC is best for your mind and body is a very personal experience, but keeping your THC ingestion low to start is always recommended for new cannabis consumers.

Enjoy these savory edibles scattered across a green salad, or spice up your standard appetizer board. A healthy and crunchy snack that's packed with fiber, a little baggie of these edibles could be your secret weapon at work. Be sure to always label your infused homemade goodies!

## INGREDIENTS:

- 1 15 oz can chickpeas
- 1 tablespoon cannabis-infused olive oil
- ¼ teaspoon ground cumin
- ¼ teaspoon ground ginger
- ¼ teaspoon paprika
- ½ teaspoon salt

## INSTRUCTIONS:

**1)** Preheat oven to 425 degrees F. Drain and rinse chickpeas thoroughly. Combine spices and salt in a small bowl, and whisk to mix. In a medium mixing bowl, combine all ingredients and toss lightly until chickpeas are coated evenly with spices.

**2)** Spread chickpeas across a baking sheet. Roast for 30-35 minutes, opening the oven to shake the pan at least twice. Allow to cool completely.

