

Air Fried ChickPeas

Directions for canned chickpeas/garbanzo beans: Open a can of chickpeas. Drain them and try to dry them as best you can. Add your chickpeas to a bowl along with your choice of seasonings (season liberally). Place seasoned chickpeas into the rotisserie basket of the Deluxe Air Fryer (or you can just add to the tray of your air fryer). If you are using the rotisserie basket, install your basket into the machine. Set your air fryer to custom at 350°F for 25 minutes and hit the rotate button (those not using the basket, be sure to shake your chickpeas every 5 minutes). At the end of 25 minutes, test a few chickpeas to see that they are properly dried out and crunchy. You may need to add 5-10 more minutes. Allow the chickpeas to cool completely before storing them in a jar.

Directions for dried chickpeas/garbanzo beans: Add the dried chickpeas to a large pot, cover with several inches of water and bring to a boil. Boil for 5 minutes then take the pot off of the heat and cover for 1 hour. For crispier chickpeas drain, rinse, pat dry and proceed with air fryer directions. For a lighter crunch, drain and rinse the peas then add them back to your pot. Cover with with several inches of water, and bring to another boil. Reduce the heat and simmer 1 ½ to 2 hours (until they reach your desired tenderness). Drain, rinse, pat dry and proceed with air fryer directions. Add your chickpeas to a bowl along with your choice of seasonings (season liberally). Place seasoned chickpeas into the rotisserie basket of the Deluxe Air Fryer (or you can just add to the tray of your air fryer). If you are using the rotisserie basket, install your basket into the machine. Set your air fryer to custom at 350°F for 25 minutes and hit the rotate button (those not using the basket, be sure to shake your chickpeas every 5 minutes). At the end of 25 minutes, test a few chickpeas to see that they are properly dried out and crunchy. You may need to add 5-10 more minutes. Allow the chickpeas to cool completely before storing them in a jar.

Thank you Annette Howe for suggesting this adventure!