

## AIR-FRIED CHICKPEAS

1 can chickpeas  
a little olive oil  
spices of your choice (I used Southwest mix from Penzey's)  
salt  
grated Parmigiano cheese

Drain the chickpeas and dry them on paper towels. You need to prevent them from steaming, as much as possible. Place them in a bowl, coat lightly with olive oil, and add the spices of your choice, just a little sprinkle will do. Season with salt.

Spray the basket of your air-fryer with olive oil. Set it to 360 F. Add the chickpeas and roast them for 12 to 15 minutes, shaking the basket every five minutes or so. Transfer them to a serving bowl, and sprinkle Parmigiano while they are hot. Enjoy right away, or store them for many hours at room temperature, uncovered. They are still excellent next day.

If using a regular oven, set it to 400F, and roast the chickpeas for 25 to 30 minutes.