



Gail's Recipe of the Month Indian Spiced Crunchy Chickpea Snack

It is always challenging for vegetarians and fish eating vegans (pescatarians) to get enough protein in their diets. We are always looking for creative ways to accomplish this, a healthy snack is a good way to add to your daily protein intake. The added benefit of this tasty chickpea snack is the turmeric in the curry. Turmeric has shown in many studies to have preventative and cancer fighting qualities and beans are a great source of protein

Ingredients:

1 or 2 sprays of olive, canola or grapeseed oil, enough to coat the pan

2 teaspoons olive oil

1 ½ Tablespoons curry powder

¼ teaspoon ground coriander

½ teaspoon ground cumin

1 teaspoon salt

2 cans (3 cups) cooked organic chickpeas, drained and rinsed

Preparation:

Preheat oven to 400°F. Coat a cookie sheet with cooking spray. Heat a small pan over medium heat. Add oil, spices and salt and stir until fragrant, about 1 to 2 minutes.

Place chickpeas in a large bowl. Add spice mixture and mix well to coat chickpeas. Place chickpeas on the cookie sheet in a single layer and roast in the oven until crunchy. Bake in the oven for 15 minutes, then toss and mix the chickpeas and return to the oven for another 15 minutes.

****If you want your chickpeas to be extra crunchy, turn the oven off and leave the chickpeas in the oven for another 15-20 minutes.**



Gail Etzler serves on the board of directors for the Prostate Awareness Foundation, and has been founder and executive director Ken Malik's partner for nearly twenty years- almost from the beginning of his prostate cancer journey. A breast cancer survivor herself, Gail has experimented over time and has learned how to cook tasty and nutritious prostate and breast cancer friendly vegan dishes. Some recipes contain seafood, a great source of Omega 3 fatty acids. All of her recipes are free of dairy products and low in fat. Gail's recipes are posted on her Sustainable Prostate Menu Blog on the Prostate Awareness Foundation's website:

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