

## Roasted Roots and Chickpeas

Roasted vegetables are an easy way to get your veggies in. You get big results with very little hands on effort. You can also mix and match whatever you have on hand and generally always get great results.

For this recipe, I had some fingerling potatoes, as well as some beautiful purple carrots I picked up at my local market. I love fingerlings; they roast up nice and crisp and don't require a lot of peeling or chopping to get them in the oven.

In addition to the veggies, I added some chickpeas here. I know what you may be thinking — who roasts beans in an oven? It turns out to be a very underrated cooking technique.

When roasted in a high heat oven, the chickpeas crisp up, and go from soft and mushy to crispy and flavorful. They pair really well with the earthiness of the potatoes and carrots. They're crunchy, toasty, and oh so delicious. It's honestly like eating a different food. It's easy to do with a can of chickpeas; just make sure they are well drained and dried first or they won't crisp up.

I just tossed everything with Ava Jane's Kitchen Avocado Oil here, and added some Colima Sea Salt and lemon juice after roasting. You can use whatever seasoning you like, and even swap out the veggies if you want. I imagine any root vegetable will work nicely here. Eat these as a side dish to your favorite protein, add them to a salad, or mix with rice for a complete meal.

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Serves 4

### Ingredients:

- 3 large carrots, sliced
- 1 pound fingerling potatoes, sliced
- 1 cup cooked and drained chickpeas
- 2 tablespoons Ava Jane's Kitchen Avocado Oil
- Colima Sea Salt
- Lemon juice

### Directions:

Preheat oven to 425 degrees F.

Toss the carrots, potatoes, and chickpeas with the oil and lay on a baking sheet in a single layer. Roast until veggies are browned and tender, about 30-40 minutes, stirring once or twice during the cooking process.

When done, remove from oven and drizzle with lemon juice. Sprinkle with Colima Sea Salt before serving.