



Garlic Chickpeas

Serves:	Prep Time:	Cooking Time:	Calories:	Skill Level:
3-4 People	5 MIN	12 MIN		10

Garlic chickpeas are a quick and nutritious dish made with protein-rich chickpeas and flavorful garlic. They are simple to prepare and packed with bold taste, making them perfect for both meals and snacks. This easy recipe is ideal for vegan and vegetarian diets and works well as a side dish, salad topping, or light main. With minimal ingredients, garlic chickpeas deliver maximum flavor.

Ingredients

- 2 cups cooked chickpeas (or 1 can, drained and rinsed)
- 4 garlic cloves, minced
- 2 tablespoons olive oil
- Salt and pepper to taste
- ½ teaspoon paprika (*optional*)
- Optional: lemon juice or parsley

Recipe Summary

- Prep Time: 5 minutes
- Cook Time: 10-12 minutes
- Total Time: 15 minutes
- Servings: 3-4
- Course: Main / Side
- Cuisine: International

Cooking Method

Instructions

1. Heat olive oil in a pan over medium heat.
2. Add garlic and sauté for **1 minute** until fragrant.
3. Add chickpeas and stir well.
4. Cook for **8-10 minutes**, stirring occasionally.
5. Season with salt, pepper, and paprika if using.
6. Add a squeeze of lemon juice if desired.
7. Garnish with parsley and serve warm.

Cooking Tips

- Dry chickpeas before cooking for better texture

- Cook until slightly crispy for extra flavor
- Do not burn garlic

Variations

- Add spinach or kale
- Add chili flakes for spice
- Use roasted garlic for a milder flavor
- Toss with tahini for a creamy version

What to Serve with Garlic Chickpeas

- Rice or quinoa
- Salads
- Flatbread or wraps
- Roasted vegetables

Storage

Store in an airtight container in the refrigerator for up to **4 days**.

Reheating

Reheat in a pan or microwave.

Frequently Asked Questions

Can I use canned chickpeas?

Yes, just rinse and drain before using.

Are chickpeas healthy?

Yes, they are high in protein and fiber.

Can I make them crispy?

Yes, cook longer or roast in the oven.

Recipe Author

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