

Mexican-Style Crispy Black Beans



Ideal as a post-workout snack, added to a salad, or as an appetizer!

Preparation 5 min
Cooking 25 min
Servings 4
Nutrition Facts (per serving)
Calories 70
Fat 1
Carbohydrates 7
Fibre 6
Protein 4
Sodium 60

Ingredients

- 1 - 540 ml (19 oz) can no-salt-added black beans, rinsed and drained
- 10 ml (2 tsp) cumin powder
- 5 ml (1 tsp) oil
- 5 ml (1 tsp) garlic powder
- 5 ml (1 tsp) chili powder
- 2 ml (½ tsp) ground cinnamon
- Pepper and salt, to taste

Preparation

1. Preheat the oven to 375°F (190°C).
2. Dry the beans with paper towels, then transfer them to a bowl.
3. Add remaining ingredients to the bowl and mix well.
4. On a cookie sheet, spread the beans and bake for 20-25 minutes.

Notes

Can be stored 1 day in an airtight container at room temperature or 3 days in the refrigerator, but they will lose their crunchy texture.



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