

Haggen® — KIDS — Cooking CLUB



YIELDS: 7 CUPS

PREP TIME: 10 MIN

**COOK TIME: 40–50 MIN,
PLUS COOLING TIME**

SKILL LEVEL: 

REQUIRES USE OF:



FIESTA SNACK MIX

INGREDIENTS:

- 1 tablespoon seasoning salt, divided
- 1 packet ranch seasoning mix
- 2 teaspoons chili powder
- 1 teaspoon cumin
- 2 (15 ounce) cans chickpeas
- 4 tablespoons olive oil
- 1/2 pound raw almonds
- 1/2 pound raw sunflower seeds
- 1/2 pound raw pepitas



ITEMS TO GATHER:

- apron
- measuring spoons

- oven-safe mitts
- paper towels
- parchment paper or
silicone baking mats
- small bowl
- small spoon
- colander
- silicone spatula
- flipping spatula
- 2 medium bowls
- large mixing bowl
- 2 rimmed baking sheets
- can opener



GET COOKIN'!

INSTRUCTIONS:

Place all your ingredients, prep and cooking tools on the counter near your cooking area.

Preheat oven to 425°F.

Place silicone baking mats or parchment paper onto 2 separate, rimmed baking sheets and set aside.

In a small bowl, add 1/2 tablespoon seasoning salt, 1 packet ranch seasoning mix, chili powder and cumin. Thoroughly combine using a small spoon and set aside.

Using a can opener, carefully open each can of chickpeas. Drain and rinse in a colander over the sink.

Lay out several paper towels. Transfer the rinsed chickpeas onto the paper towels and gently pat dry.

Place chickpeas into a medium bowl, add 2 tablespoons of olive oil and 1/2 tablespoon seasoning salt. Toss with hands to coat.

Lay out the coated chickpeas onto one of the rimmed baking sheets.

Place the almonds, sunflower seeds and pepitas in a medium bowl. Add 2 tablespoons of olive oil and toss with hands to coat. Then add the spice mix from the small bowl to the nut and seed mixture. Use a silicone spatula to combine evenly and spread out the coated nut and seed mixture onto the second rimmed baking sheet. Set aside.

Using oven-safe mitts, carefully open the preheated oven, place the rimmed baking sheet holding the chickpeas on the top rack and roast for 20–25 minutes.

Using oven-safe mitts, carefully remove the rimmed baking sheet holding the chickpeas from the oven; place on top of the oven and stir the mixture together using a flipping spatula. Return to the oven for an additional 20–25 minutes or until the chickpeas are crispy.

Using oven-safe mitts, carefully remove the roasted chickpeas and set aside to cool.

Using oven-safe mitts, carefully open the preheated oven, place the rimmed baking sheet holding the nut and seed mixture on the top rack, and roast for 10 minutes.

Using oven-safe mitts, carefully remove the rimmed baking sheet holding the nut and seed mixture from the oven; place on top of the oven and stir the mixture together using a flipping spatula. Return to the oven for an additional 5–10 minutes.

Using oven-safe mitts, carefully remove the roasted nut and seed mixture from the oven and set aside to cool.

Once the coated nut and seed mixture have cooled to the touch, transfer it, along with the roasted chickpeas, into a large mixing bowl. Gently combine using a silicone spatula.

ENJOY!