

Veggie Chickpea Nuggets

This recipe is a great snack or meal option for children and adults! These plant-based nuggets are not only tasty, they're also good for you, too.

YIELD 6 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 40 MIN
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INGREDIENTS

1 cup	Carrots, peeled and shredded (about 2 small carrots)
½ cup	Zucchini, shredded (about 1 small zucchini)
1/3 cup	Onion, diced (about ½ an onion)
1 (15 oz) can	Chickpeas, low sodium, drained and rinsed
2 large	Eggs
1 Tbsp	Olive or Canola Oil
½ tsp	Kosher Salt
1 tsp	Black Pepper, freshly ground
¼ tsp	Paprika
½ tsp	Red Pepper Flakes
2 cloves	Garlic, roughly chopped
1 ½ tsp	Oregano, dried
½ cup	Whole Wheat Breadcrumbs

CHEF'S NOTES

You can make this dish gluten free by swapping out the bread crumbs for oat flour. Don't have oat flour? It's simple to make some: just blend ½ cup of dry oats until it becomes the consistency of flour.

These nuggets contain vitamin A which is good for your eye and skin health, fiber which keeps you feeling full, and protein which helps our muscles stay healthy and strong.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 425°F. Prepare a sheet pan by lining it with parchment paper or foil.
2. Shred carrots and zucchini and place onto a clean dish towel or paper towels. Place another clean dish towel or paper towel on top of veggies and press. Veggies should be mostly dry. If not, repeat the process with towels until veggies are no longer getting towels wet. Then place veggies into a food processor or blender. Dice onion and add to blender.
3. Rinse and drain can of chickpeas and add to blender.
4. Add two large eggs, oil, salt, pepper, paprika, red pepper flakes, garlic cloves, and oregano. Blend until mixed. Scrape sides of mixer as needed. Add breadcrumbs and pulse a few times until chunky but well mixed.

5. Spoon out mixture in heaping tablespoon portions and place on sheet. Slightly flatten each into patties.
6. Bake until bottoms are golden brown, about 20 to 25 mins. Enjoy warm with your choice of dipping sauce.

Nutrition Facts	
6 servings per container	
Serving Size	5 nuggets (131 g)
Amount per serving	
Calories	160
% Daily Value *	
Total Fat 4.5g	6%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 25g	9%
Dietary Fiber 6g	22%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 8g	15%
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 1mg	6%
Potassium 200mg	4%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

