

Veggie No-Meat Balls

Swick

Serves 1 | Active Time: 20 minutes | Total Time: 35 minutes

Step 1: Making the Dish

- 2 cups chickpeas, drained, and liquid reserved
 - 4 tablespoons aquafaba (chickpea liquid)
 - 1 clove garlic, minced
 - 1/2 cup panko bread crumbs, plus more if needed
 - 1/2 tablespoon garlic powder
 - 2 teaspoons onion powder
 - 1 teaspoon salt
 - 1 teaspoon dried oregano
 - 1/2 teaspoon dried basil
 - 1/4 teaspoon pepper
 - 1/2 teaspoon cumin
- Preheat oven to 450°F (230°C).
- Mash chickpeas with a potato masher in a large bowl until mostly crushed.
- Stir in the remaining ingredients until combined; add more bread crumbs if mixture feels too wet and sticky. If it seems too dry, add an additional teaspoon of aquafaba at a time.
- Form the chickpea mixture into balls and place onto an oiled or parchment-lined baking pan.
- Bake for 20-25 minutes, turning over halfway.
- Serve over whole-wheat noodles or brown rice noodles with tomato sauce.