

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.