



# CHICKPEA NUGGETS



30 minutes



12 nuggets

## INGREDIENTS

- 1 can chickpeas
- 1/2 cup breadcrumbs
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon salt
- 1/2 cup flour (whole wheat, oat, or All Purpose)
- Choice of your favorite dipping sauce

## DIRECTIONS

1. Drain the chickpeas over a bowl, save the chickpeas and 1/4 cup of the liquid.
2. Place the chickpeas in a food processor, and pulse until crumbly.
  - a. (Or mash chickpeas by hand with a utensil of choice until crumbly)
3. Add the Salt, Garlic Powder, and Onion Powder
4. Whisk the liquid from the chickpeas (Aquafaba) in a small mixing bowl until foamy, then add with the flour to the chickpea mixture. Pulse in processor, or mix by hand until it forms a ball.
5. Divide the chickpea mixture into 12 equal pieces and shape into nuggets.
6. Coat nuggets in breadcrumbs and place onto baking sheet.
7. Bake in the oven at 375 Degrees for about 15-20 minutes.

Recipe source: [www.thekitchn.com](http://www.thekitchn.com)



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