CHICKPEA "MEATBALLS"
Makes 20 "meatballs"

Ingredients
1 TB flaxseed
2.5 TB water
½ Tbsp Olive oil
½ medium white onion, minced
3 cloves garlic, minced
1 can chickpeas, rinsed and drained
⅓ cup parmesan cheese
2 tsp Italian seasonings *(or ½ tsp each dried basil and oregano)*
¼ cup fresh parsley *(optional)*
½ cup plain bread crumbs
2 Tbsp your favorite marinara or tomato sauce

* FOR COATING
⅓ cup bread crumbs
⅓ cup parmesan cheese

Directions
1. Preheat oven to 375 degrees

2. Mix flaxseed with water in a small dish and set aside

3. In a skillet, sauté onion and garlic in olive oil over medium heat until soft and translucent - about 3 minutes. Set aside.

4. Add chickpeas to food processor and pulse to break down. Then add sautéd garlic, onion, and remaining ingredients and mix, scraping down sides as needed. Mixture should form into moldable dough.

5. Scoop out 1 heaping Tbsp amounts of dough and roll into balls.

6. Mix remaining bread crumbs and parmesan cheese together in a shallow dish. Add balls a few at a time and roll to coat. Then place on baking sheet.

7. Bake for about 20 minutes, flipping the balls half way through. Bake longer for a crispier result. Serve over spaghetti squash.

Tips
Spaghetti squash is a great source of fiber, vitamins and minerals (including vitamins A and C), and is low in carbohydrates!

Mixing flaxseed with water makes a "flax egg" that helps to bind the "meatballs" together!

Having a meatless meal once a week is a great way to cut back on calories and saturated fat!

This recipe can fill the protein ¼ of your plate and the vegetable portion of your plate!

1/4 Starch
1/2 Vegetables
1/4 Protein

Nutrition Facts
20 servings per container

Serving size

Amount Per Serving

Calories 60

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 110mg	5%
Total Carbohydrate 7g	3%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	6%

Not a significant source of vitamin D, calcium, iron, and potassium

*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.

Recipe adapted from: minimalistbaker.com