



Makes about 22 nuggets
Cook Time: 1 hours

INGREDIENTS:

½ cup whole grain bread crumbs
2 teaspoons Italian seasoning
2 (15-ounce) cans chickpeas,
drained and rinsed (3 cups)
1½ cups cooked brown rice
1 small onion, cut into 1-inch
pieces (1 cup)
3 cloves garlic
1 teaspoon ground cumin
1 teaspoon turmeric
¼ cup nutritional yeast
¼ cup lime juice
¼ cup finely chopped fresh
parsley
Sea salt and freshly ground
black pepper
Ketchup, BBQ sauce, and/or hot
sauce for dipping

Chickpea Nuggets

Kids go crazy for this vegan alternative to chicken nuggets. Serve our tender-on-the-inside, crispy-on-the-outside chickpea bites with **ketchup** and **BBQ sauce** for dipping, and feel free to offer hot sauce for spice-loving adults. Leftovers are great for next-day lunches too, because they taste delicious hot or cold. To prepare the nuggets in an air fryer, cook them for 15 minutes at 370°F. These other [chickpea dishes](#) are healthy and delicious like this one.

By Darshana Thacker Wendel

- 1 Preheat the oven to 425°F. Line a baking sheet with parchment paper.
- 2 In a small, shallow bowl, mix together the bread crumbs and Italian seasoning.
- 3 In the bowl of a food processor, combine the chickpeas, rice, onion, garlic, cumin, turmeric, nutritional yeast, lime juice, parsley, and salt and pepper to taste; pulse to a coarse texture that sticks together when pinched between two fingers. (If you don't have a food processor, use a potato masher.) Mold about 2 tablespoons of the mixture into an oblong nugget, then roll the nugget in seasoned bread crumbs, and place it on the prepared baking sheet.
- 4 Repeat until all of the mixture is used. Bake for 20 minutes, then flip nuggets and bake for 20 more minutes.
- 5 Serve hot with ketchup, BBQ sauce, and/or hot sauce for dipping.