



Makes 20 sticks

Preparation Time: 25 minutes

Cook Time: 1 hours

INGREDIENTS:

1 cup 1-inch pieces peeled
butternut squash

1 (15-ounce) can no-salt-added
chickpeas, drained and rinsed

1 cup cooked brown rice

¼ cup finely chopped onion

2 tablespoons nutritional yeast

1 tablespoon chopped fresh
parsley

1 tablespoon lime juice

1½ teaspoons finely snipped
fresh sage

1 clove garlic, minced

Sea salt and freshly ground
black pepper

½ cup panko or fine dry bread
crumbs

Ketchup for dipping

Chickpeazella Sticks

A hearty mixture of chickpeas, butternut squash, and rice forms the base of this plant-based take on a lunchroom classic, and the bread crumb coating adds a satisfying crunch. These vegan mozzarella sticks make for a kid-friendly side dish that adults will have a hard time resisting. For best results, dry the squash, chickpeas, and rice in a hot oven as directed here. Too much moisture will prevent the sticks from holding together when dipping.

*Recipe from **Forks Over Knives Family***

By Darshana Thacker Wendel

- 1 Preheat oven to 350°F. Line a 15x10-inch baking pan with parchment paper.
- 2 Place squash in a steamer basket in a large saucepan. Add water to saucepan to just below basket. Bring to boiling. Cover pan and steam squash 5 to 7 minutes or until tender. Place steamed squash, chickpeas, and cooked rice in the prepared baking pan. Bake 20 minutes; cool completely.
- 3 In a food processor combine squash, chickpeas, rice, and the next six ingredients (through garlic). Cover and process until well mixed. (Or mash with a potato masher.) Season with salt and pepper.
- 4 Place bread crumbs in a shallow dish. Using about 1 tablespoon of the squash mixture, shape into a 3-inch-long rectangle (½ inch thick). Roll in bread crumbs to coat, and place in baking pan. Repeat with the remaining squash mixture and crumbs.
- 5 Bake 30 to 40 minutes or until lightly browned. Serve warm with ketchup or desired dipping sauce.