

## **Chickpea Nuggets**

### **Ingredients:**

- ½ cup panko or breadcrumbs
- ½ cup rolled oats
- 1 15 oz can chickpeas (not drained)
- 1 tsp salt
- 2 tsp garlic powder
- 1 tsp onion powder
- 1 tsp Italian seasoning (combination of basil, oregano, thyme)
- Pinch of black pepper
- 1 TBSP nutritional yeast (optional)

### **Directions:**

1. Preheat oven to 375 degrees.
2. Toast panko on a baking sheet until golden brown, about 5 min. Transfer to bowl and set aside to cool.
3. Place oats in a food processor and grind until flour. Add in chickpeas and ¼ cup of the aquafaba (liquid from chickpeas). Add in seasonings. Pulse until crumbly.
4. Add more aquafaba as needed; to thicken use a little flour, ground oats, or flax.
5. Divide the chickpea mixture into 12 equal portions and shape into a nugget. Coat each nugget completely in toasted panko and place on a lined baking sheet.
6. Bake until crispy. About 20 minutes, flipping halfway.