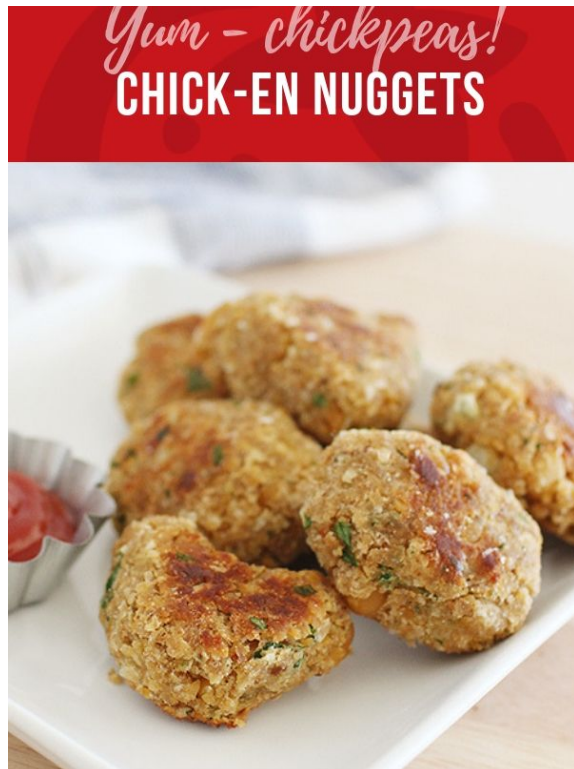


RECIPE

Chick-en Nuggets



Serves: **4 servings**

Prep Time: **10 minutes**

Cook Time: **10 minutes**

Nutrition Facts

Calories: 470

Fat: 15 g

Carb: 68 g

Fiber: 14 g

Protein: 18 g

Sugar: 22 g

Ingredients

- 15 ounce – chickpeas (garbanzo beans), canned
- 1/2 medium – onion
- 1/4 cup – parsley, fresh
- 1 clove – garlic
- 1 large – egg
- 1 teaspoon – cumin, ground
- 1 teaspoon – salt
- 1/8 teaspoon – black pepper, ground
- 1 teaspoon – lemon juice
- 1 teaspoon – baking powder
- 2 tablespoon – olive oil
- 1 cup – bread crumbs, plain

Preparation

1. Drain and rinse chickpeas; mash with a pastry blender or fork. Slice onion.
2. Place the onion, parsley, and garlic into a food processor and pulse until finely chopped and well blended.
3. In a small mixing bowl, whisk together the egg, cumin, salt, pepper, lemon juice, baking powder, and 1 tablespoon oil.
4. Add onion mixture and egg mixture to the beans; stir to combine.
5. Stir in bread crumbs little by little until dough is dry enough to shape easily; shape into nuggets.
6. Heat remaining oil in a large skillet. Cook nuggets until heated through and golden brown on both sides, adding more oil as needed.
7. While nuggets cook, heat edamame according to package instructions, and slice apples.
8. Serve immediately.

Did You Know?

1. **Chickpeas** are a fabulous food to include in your family's diet.
2. **Chickpeas** (AKA garbanzo beans) are a great source of manganese (is predominantly stored in the bones, liver, kidney, and pancreas. It aids in the formation of connective tissue, bones, blood-clotting factors, and sex hormones and plays a role in fat and carbohydrate metabolism, calcium absorption, and blood sugar regulation).
3. **Chickpeas** are full of protein.
4. **Chickpeas** and other beans are rich in fiber- essential for digestion.
5. **Chickpeas** contain folate, essential for young kids and pregnant mothers. (folate - Folate is one of the B-vitamins and is needed to make red and white blood cells in the bone marrow, convert carbohydrates into energy, and produce DNA and RNA. Adequate folate intake is extremely important during periods of rapid growth such as pregnancy, infancy, and adolescence).
6. **Chickpeas** are a natural source of iron.