

PASTA & MEATBALLS

Use with 100% whole-grain whole wheat pasta or chickpea pasta

Meatball & Sauce recipe below:

Meatball recipe

Servings 14 balls

Ingredients

- 1/4 cup couscous + 1/4 cup water
- 1 15 oz can chickpeas, drained & rinsed & patted dry
- 1/2 cup (75g) chopped onion
- 6-8 Tbsp start with 6, see directions mild or medium salsa (keep in mind the level of heat and flavor your salsa is will be reflected in the veggie balls)
- 3 tablespoons tomato paste
- 2 tablespoons dried Italian seasoning (one without salt or red pepper flakes)
- 1-2 teaspoons regular chili powder (use 1 for less spicy, 2 for more spice)
- 1/2 teaspoon black pepper
- 1/2 teaspoon + 1/8 teaspoon fine sea salt
- 1/2 cup (80g) brown rice flour

Instructions

1. First, make your couscous. Add the water to a small pot and bring to a boil, AS SOON as it starts bubbling, stir in the couscous quickly and remove from the heat. Cover and let sit for 5 minutes.
2. In a food processor, add your chickpeas and onion and pulse to break up the mixture for a few seconds. Add all of the remaining ingredients, *except the couscous and brown rice flour*. Pulse for just a few seconds, no more, just until the mixture resembles a wet rough chunky texture similar to a salsa. You don't want to over-blend and puree it too much or the balls will be too wet/mushy. You just want to make sure the chickpeas are no longer whole.
3. Add the mixture to a large bowl and add the cooked couscous and brown rice flour. Stir for a few minutes until it all comes together in a sticky batter. Press the mixture repeatedly with the back of your spoon to make it come together. If the mixture is not sticking together, add a bit of the remaining salsa only if necessary. Once it is well mixed, place to chill in the fridge for about 20 minutes. This will make it easier to roll into balls.
4. Preheat your oven to 375 degrees and line a sheet pan with parchment paper. Roll about 14 golf-sized balls with your hands, making sure they are tight and compact

and place on the pan. Bake for 15 minutes on the first side, they should easily turn over. I just used my hand to flip them over. Bake another 15 minutes until firm and getting a nice golden brown crust. If you want them super crispy, go another 5 minutes. These balls are very moist inside so they can withstand the crispy exterior.

5. While they are baking, heat up your pasta and marinara sauce of choice. When the balls are done, coat them well with lots of sauce and pasta and enjoy!

Sauce Recipe

1-16oz. can whole tomatoes

2 tsp. garlic powder

¼ Cup- Basil, Fresh Chopped

2 tsp. onion powder

1 tbsp. tomato paste

salt & pepper *to taste*

Combine whole tomatoes, garlic powder, onion powder together in a medium saucepan, using a stick emersion blender puree contents until smooth. Bring to a simmer and whisk in tomato paste. Simmer for twenty minutes, remove from heat and add fresh basil and season with salt and pepper to taste