

GREEN PEA, CHICKPEA, CAULIFLOWER “MEATBALL” FIT

Serving size: 4 each

Makes 14 servings

- 1 cup Garbanzo Beans, dry
- 2 ¼ cup Green Peas, frozen
- 3 ¼ lb Fresh Cauliflower
- 2 TBSP Fresh Parsley, chopped
- ½ cup Red Onion, finely chopped
- 1/3 cup Grated Parmesan Cheese
- 1 ½ tsp Kosher Salt
- ½ tsp Ground Black Pepper
- 2 cups Panko Breadcrumbs
- 1 Large Egg

Preparation:

1. Soak garbanzo beans (chickpeas) overnight in water. Drain beans, add to a medium pot with enough water to cover, then bring beans and water to a boil. Cook until tender. Chill.
2. While the beans cook, add green peas to a medium pot and blanch quickly until bright green. Shock in an ice bath then drain and set aside.
3. Cut cauliflower heads in half. In the now-empty peas pot, blanch cauliflower and shock in an ice bath, then drain. Finely chop all of cauliflower (including stems) into rice-sized pieces. Alternatively, pulse in a food processor until rice-sized. Set aside.
4. In a food processor, combine parsley, red onions, parmesan, salt, pepper, green peas and chickpeas. Process until smooth.
5. To the food processor, add eggs and panko and pulse to combine. Place mixture in a bowl and mix in cauliflower until evenly distributed.
6. Scoop 2 TBSP and roll in hands to form into a ball. Place on a parchment lined sheet tray and bake in a 350°F oven until golden brown and heated through.

RD Note: Blanching is a cooking technique where food is briefly cooked in boiling water and immediately plunged into ice water.



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NUTRITION FACTS PER SERVING

calories	110
total fat (g)	2
saturated fat (g)	1
trans fat (g)	0
sodium (mg)	300
total carbohydrate (g)	20
dietary fiber (g)	5
sugar (g)	4
protein (g)	6