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Vegan Magazine

Nov/Dec 2019

20 FESTIVE RECIPES
for **THANKSGIVING**
& **CHRISTMAS**

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OVER THE HOLIDAYS
with a *plant-based diet*

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+ RECIPES

ONE EZ TOFU PRESS
TO GIVE AWAY

WIN ARTISANAL CHOCOLATE from XOCOLATL SMALL BATCH CHOCOLATE

VEGAN EATS & DRINKS
for your *New Year Party*

NOT ONE, BUT TWO
»» **READER GIVEAWAYS!** ««

Buffalo Chickpea MEATBALLS

Sherri Hall

These Gluten-Free & Vegan Buffalo Chickpea Meatballs are the perfect party appetizer! They're extra delicious when drizzled with some homemade vegan ranch dressing and topped with chopped scallions.

INGREDIENTS

- 1 tbsp ground flaxseed
- 3 tbsp water
- 2 medium carrots (peeled and roughly chopped)
- 1/3 cup roughly chopped sweet onion (approximately 1/4 of a Vidalia sweet onion)
- 2 tbsp fresh parsley leaves
- 1 tbsp olive oil
- 1/2 tsp kosher salt + more to taste
- 1 (15 oz.) can no salt added chickpeas (drained and rinsed)
- 2 tbsp gluten-free, vegan bread crumbs
- 2 tbsp nutritional yeast
- 1/4 cup + 1 tbsp vegan Buffalo sauce
- 2 tbsp vegan butter (I used Earth Balance buttery sticks)



INSTRUCTIONS

1. Use a fork to whisk together 1 tablespoon of ground flaxseed with 3 tablespoons of water in a small bowl to make the flax egg. Cover and set aside.
2. Preheat your oven to 400°F.
3. Blend carrots, onion and parsley in a food processor on the pulse setting until finely chopped, but not pureed. You may have to stop to scrape down the sides.
4. Heat olive oil in a non-stick skillet over medium heat. Add carrot mixture and kosher salt to taste, and cook on medium for 5 minutes, stirring occasionally. While the carrot mixture is cooking, rinse out the food processor and set aside for future use.
5. When the carrot mixture is done, allow it to cool for 1-2 minutes, and then add it to the food processor along with the chickpeas. Process on low until everything is well-combined but not pureed, scraping down the sides as needed.
6. Transfer chickpea mixture to a mixing bowl. Add bread crumbs, nutritional yeast, flax egg, ½ teaspoon kosher salt and 1 tablespoon Buffalo sauce. Mix thoroughly until ingredients are well-combined.
7. Use a small cookie scoop and scoop chickpea mixture onto a parchment-lined baking sheet. Then, use your hands to roll into rounded balls. Bake for 15 minutes.
8. While the chickpea meatballs are in the oven, melt vegan butter in a microwave-safe bowl or glass measuring cup. Then use a fork to whisk in ¼ cup Buffalo sauce.
9. When the chickpea meatballs are done, remove from the oven and set the baking sheet on top of the stove or on a heat resistant surface or mat. Use a *silicone pastry brush to baste each ball with the Buffalo sauce-butter mixture.
10. Return the tray of basted chickpea meatballs back into the oven and bake for an additional 15 minutes.
11. Allow to cool for 1-2 minutes before removing balls from the baking sheet. Serve with desired toppings, such as additional Buffalo sauce, vegan ranch dressing and/or chopped scallions.



Sherri —

Sherri is one of the recipe developers behind watchlearneat.com. Watch, Learn, Eat started out as a YouTube channel in 2013 and evolved into the blog it is today in 2014. The blog features vegan, gluten-free, and allergy-friendly recipes so there's something for everyone. Sherri aims to please vegans and non-vegans alike with her delicious range of recipes.

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