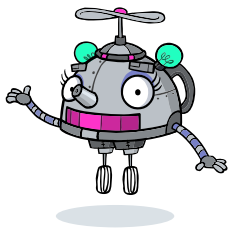
SHOPPING LIST

Chickpea Cakes

- Nonstick Cooking Spray
- Olive Oil
- Small Onion
- Small Zucchini
- Garlic Cloves
- Ground Cumin
- Ground Coriander
- Can of Chickpeas
- Kosher Salt
- Black Pepper
- Whole Wheat Bread
- Egg

First, check off the items you already have at home.



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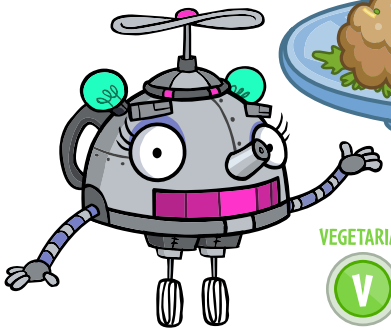
DINNER

FIZZY'S LUNCH LAB

Chickpea Cakes



VEGETARIAN	TIME	DIFFICULTY	SERVES
V		H	6
YES	Less than 1 hour	Hard	

YOU WILL NEED

- Nonstick cooking spray
- **2 teaspoons** olive oil
- **1** small onion, chopped
- **1** small zucchini, grated on the large holes of a box grater
- **2** garlic cloves, minced
- **½ teaspoon** ground cumin
- **½ teaspoon** ground coriander
- **1 (15 ounce) can** of chickpeas, drained and rinsed
- Kosher salt and black pepper
- **1 cup** fresh whole wheat breadcrumbs
- **1** egg

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

To make fresh breadcrumbs, tear 2 slices of whole wheat bread into quarters, and pulse the quarters in the food processor until finely ground.

STEP 1: Preheat the oven to 400 degrees. Line a rimmed baking sheet with parchment paper and spray with a light coating of nonstick cooking spray.

STEP 2: Heat an 8-inch skillet over medium heat; once hot, add the oil. Add the onion and cook until soft, about 5 minutes. Add the zucchini, garlic, cumin, and coriander, and cook 5 to 7 minutes longer. Remove from the heat, and let the mixture cool for 5 minutes.

STEP 3: Pulse the chickpeas, 1 teaspoon salt, and 1/2 teaspoon pepper in a food processor until the chickpeas are coarsely ground. Add the breadcrumbs, egg, and onion mixture from the skillet and pulse until well combined.

STEP 4: Shape the chickpea mixture into 6 patties (about 1/3 cup mixture per patty), and place on the prepared baking sheet. Spray each patty with a light coating of the nonstick cooking spray. Transfer to the oven and bake for 10 minutes, then flip and spray the second side of the cakes. Return to the oven and bake until the cakes are light golden brown, about 5 minutes longer. Serve.

Nutrition Facts

Serving Size 1 cake (121g)
Servings Per Container 6

Amount Per Serving	
Calories 120	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 560mg	23%
Total Carbohydrate 16g	5%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 6g	
Vitamin A 2% • Vitamin C 8%	
Calcium 8% • Iron 6%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4