



# Spaghetti with Chickpea Basil Meatballs

**powerful**  
**+ pairings**  
delicious + nutritious + ingenious

## Ingredients

### Meatballs:

- 1¾ cups cooked sorghum, at room temp
- 1 (15.5-ounce) can no-salt-added chickpeas, drained, or 1¾ cups cooked
- 3 large garlic cloves
- ⅓ cups nutritional yeast or ¼ cup grated Parmesan cheese
- 2 cups packed fresh basil leaves (2 ounces)
- ¾ cup walnut halves and pieces
- 2 tablespoons no-salt-added tomato paste
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon fennel seeds
- 1 teaspoon sea salt
- ¾ teaspoon freshly ground black pepper

### Pasta:

- 12 ounces dry spaghetti

### For serving:

- 3 cups store-bought no-salt-added marinara sauce
- ½ cup packed fresh basil leaves, torn or thinly sliced
- 1½ tablespoons nutritional yeast or ¼ cup grated Parmesan cheese

## Directions

1. Preheat the oven to 375°F. Line a baking sheet with parchment paper and set aside.
2. In the bowl of a food processor, combine the sorghum, chickpeas, and garlic and pulse until finely chopped and well incorporated, about 10 pulses. Add the nutritional yeast, basil, walnuts, tomato paste, olive oil, fennel seeds, salt, and pepper and process just until evenly incorporated into a thick ground mixture that resembles regular meatball mixture and holds together well when shaped into a ball.
3. Form by hand into 24 balls, about 2 tablespoons of mixture each. Place the meatballs on the lined baking sheet and bake until firm, crisp, and well-browned, 40 to 45 minutes, flipping the meatballs halfway through roasting. (Note: Meatballs will remain soft on the inside).
4. Meanwhile, heat the marinara sauce in a large, deep skillet or sauté pan on the stove over medium-low heat or according to jar directions. In a large saucepan, cook the spaghetti according to package directions until al dente, 10 to 12 minutes. Alternatively, if using zucchini noodles, first cook the spaghetti for 5 minutes, then add the zucchini noodles and continue cooking until spaghetti is al dente, 5 to 7 minutes more. Drain and set aside.
5. Add the meatballs to the marinara sauce, gently stir to coat, and move the meatballs to the sides of the pan. Add the cooked noodles and toss with the sauce.
6. To serve, transfer ¾ cup pasta with sauce and 4 meatballs to each bowl, sprinkle with the nutritional yeast, and garnish with the basil.

### Servings: 6

(yields 24 vegan meatballs + 4 ½ cups spaghetti)

**Serving Size:** 4 meatballs + ¾ cup spaghetti with ½ cup sauce

**Prep time:** 30 minutes

**Cook time:** 40-50 minutes

**Total time:** 70-80 minutes

### Nutrition Information (with store-bought marinara)

Calories 590	Carbohydrate 89g
Total Fat 17g	Fiber 11g
Saturated Fat 2g	Sugars 3g
Cholesterol 25mg	Protein 21g
Sodium 570mg	

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