

Zucchini “Meatballs” With Rice Noodle pasta

Vegan + Gluten Free

I like this one for when I come home after a long day and I'm craving a dinner that is quick to make, but satisfies all the senses. A vegan take on a classic Italian dish



Ready in **25 minutes**

Serves **3 - 4 people**

Ingredients

- **1 can** of Garbanzo beans
- **3** garlic cloves
- **½ cup** of rolled oats
- **1 teaspoon** of dried basil
- **1 teaspoon** of dried oregano
- **½ teaspoon** of salt
- **2 tablespoons** of nutritional yeast
- Juice of **½ a lemon**
- **1 large** shredded Zucchini
- **1 pound** of rice noodles (16 ounces)
- **32 oz** of marinara sauce

Preparation

1. **In a food processor**, combine the drained and rinsed garbanzo beans, Garlic Cloves, and rolled oats. Pulse for about 5-10 seconds. Once it is finely chopped, the mixture should hold together when you squeeze it between your fingers.
2. **In a large bowl**, combine the zucchini, dried herbs, salt, nutritional yeast, and lemon juice.
3. **Add the mixture from the food processor into the large bowl**. Stir it all together until all the ingredients are well combined.
4. **Preheat the oven to 375 degrees**, then line a baking sheet with parchment paper. Use your hands to scoop out one heaping tablespoon of the mixture at a time and form it into 12 separate balls.

5. Arrange them on the baking sheet a few inches apart and **bake them for 25 minutes**.
6. **Meanwhile, bring a large pot of water to a boil**. Add a tablespoon of salt and then add the Rice Noodles, boil the noodles for about 4-6 minutes. After they are cooked nice and soft, drain them, but do not rinse them.
7. Once the Zucchini balls are light golden brown, remove them from the oven and serve them over a plate of the cooked rice noodles with Marinara sauce. Garnish with some basil and **serve immediately**.

Enjoy!

Tips

Rinse the noodles that you did not use, to prevent sticking.

~Misha Botyaroff

“Self Care is the new Health Care”