

## Spaghetti and Vegan “Meatballs”

Makes: 4 servings

### INGREDIENTS

- 1½ tablespoons [Papa Vince Extra-Virgin Olive Oil](#), divided
- 1 cup walnut halves and/or pieces
- ½ cup pecan halves
- 1 teaspoon Italian seasoning
- ½ teaspoon garlic powder
- ¼ teaspoon [Papa Vince Sea Salt](#)
- ⅓ cup gluten-free, quick cooking rolled oats
- 1 cup *cooked* chickpeas (garbanzo beans), drained and rinsed, if canned
- ⅓ cup diced sweet onion
- 2 cups plus 3 tablespoons [Papa Vince Tomato Sauce](#) or prepared vegan marinara sauce, divided
- ¾ pound (12 ounces) whole-grain spaghetti or [Papa Vince Whole Wheat Pasta](#)



### HOW TO MAKE

- (1) Preheat the oven to 325 degrees F. Line a medium baking pan with unbleached parchment paper. Coat the parchment paper with ½ tablespoon olive oil.
- (2) Put the walnuts, pecans, Italian seasoning, garlic powder, and salt in a blender (or food processor), and process into coarse crumbs. Transfer the walnut mixture to a large bowl. Add the rolled oats and stir to combine.
- (3) Put the chickpeas, onion, and 1 tablespoon olive oil in the blender, and process into a very chunky purée. Add the chickpea mixture to the walnut mixture and stir to incorporate. Add 3 tablespoons marinara sauce and stir to combine.
- (4) Spoon out about 3 tablespoons of the walnut–chickpea mixture and roll it into a compact ball. Continue in this way to make 12 to 14 “meatballs.” Arrange the “meatballs” on the lined pan, rolling each in a bit of the olive oil that is coating the parchment paper. Bake for 15 minutes. Increase the heat to 350 degrees F and bake for 35 to 45 minutes more, or until the “meatballs” are firm and golden. (Gently rotate each “meatball” halfway through cooking.)
- (5) Bring a large pot of salted water to a boil. Add the pasta or spaghetti and cook, stirring occasionally, until tender but firm. Drain the spaghetti. Meanwhile, put 2 cups of tomato or marinara sauce in a medium saucepan and heat to simmering.
- (6) To serve, put one-quarter of the pasta into each of four pasta bowls, and top with three “meatballs.” Ladle marinara sauce over the top and serve immediately.