

Walnut, Rice, and Garbanzo Balls

Delicious with pasta and marinara sauce, sliced into a sandwich, nestled into mashed potatoes and topped with gravy, or dipped into barbeque sauce as an appetizer.

- 1-1/3 cups bread crumbs, preferably whole grain**
- 1 cup walnuts, lightly toasted (to toast raw walnuts lay them in a baking pan and toast them in a 350° oven for about 5-7 minutes)**
- 3 cups cooked brown rice, preferably short grain**
- 1 cup garbanzo beans (chickpeas)**

- 2 teaspoons dried basil**
- 2 teaspoons Italian seasoning**
- 1/4 teaspoon garlic granules**
- 1- 3/4 teaspoons salt or to taste**

- 1 tablespoon cornstarch**
- 2 tablespoons lemon juice**

(Use hand tools or a blender if you do not have a food processor.) In a food processor whiz bread slices to produce 1-1/3 cups bread crumbs. Transfer crumbs to a large mixing bowl. Whiz walnuts in the food processor until they are finely chopped, and transfer them to the mixing bowl. Process the garbanzo beans, chopping them finely and transferring them to the mixing bowl. Lastly, whiz the cooked rice until the grains are chopped finely. Add the rice to the mixing bowl.

Sprinkle the basil, Italian seasoning, garlic granules, and salt evenly over the mixture in the bowl. In a small bowl blend the cornstarch and lemon juice and drizzle them evenly over the other ingredients.

Pre-warm the oven to 375°. Blend all ingredients thoroughly with a large wooden spoon or your hands. Mixture should be cohesive and sticky. With wet hands form the mixture into balls about 1-1/4 across, and place them on a cookie sheet covered with baking parchment. Pour a little olive oil into a small dish and using a pastry brush or crumpled paper towel brush it over each ball on the cookie sheet. Then bake the balls for 30 minutes until they are hot and lightly browned. Makes 24 balls.

Copyright Kay Bushnell