

# Chick Pea Hush Puppies

**Makes:** 6 or 50 servings

6 Servings

50 Servings

Ingredients	Weight	Measure	Weight	Measure
Onion, raw		1/3 cup		3-2/3 cups
Carrots, raw		3 Tbsp		3/4 cup
Celery		3 Tbsp		3/4 cup
Oil		1 oz		7.5 oz
Lemon juice, canned or bottled		1-3/8 tsp		4 Tbsp
Chickpeas		1-1/3 cup		11 cups
Brown rice, cooked		1/3 cup		3-2/3 cups
Eggs, whole, raw		3 Tbsp		1-3/4 cups
Garlic powder		1-3/8 tsp		3 Tbsp
Paprika		1/8 tsp		1-1/4 tsp
Oregano leaves, dried		3/8 tsp		1-1/4 tsp
Curry powder		3/8 tsp		1 Tbsp
Salt		3/8 tsp		1 Tbsp
Wheat flour, whole grain		1/4 cups		2-1/3 cups
Potato, instant granules		1/3 cups		3-2/3 cups

## Directions

1. In a food processor, add diced onions, carrots, celery, oil and lemon juice and blend well.
2. Add chick peas, cooked brown rice, spices, salt, and egg to food processor and blend until a smooth, thick dough begins to form.
3. Turn mixture into a large bowl and fold in flour.
4. Pour instant potatoes into a hotel pan. Using a #40 Scoop, scoop out puppies and coat each one with instant potato.



## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>150</b>	
Total Fat		10%
Protein	NA	
Carbohydrates	NA	
Dietary Fiber	NA	
Saturated Fat		3%
Sodium	330 mg	

5. Spray a baking sheet with Pam and place puppies on sheet tray. Lightly spray puppies with Pam and bake in convection oven at 350 degrees for 15-20 minutes until the inside of the puppies reach an internal temperature of 141 degrees F and begin to turn brown.
6. Serve puppies with your favorite dipping sauce.

## Notes

### Serving Tips:

A delicious baked finger food to be paired with your favorite dipping sauce. Chick peas and brown rice, blended with a curry spice mix and crunchy vegetables.