Oven-baked chickpea wings

by Sarah Bond

These chickpea wings are what happens when you love animals too much to eat them but still crave something crispy, dippable, and deeply satisfying. Chickpeas and tofu team up to create a wing that's packed with plant-based protein and has a genuinely satisfying crunch, no chicken required. The secret is double-coating them in breadcrumbs with aquafaba (the liquid right from your can of chickpeas) as the binder, which keeps things completely egg-free. Serve them with your favorite dipping sauce and watch them disappear faster than you can say "no animals were harmed."

Ingredients

- 1 15-oz can chickpeas
- 8 oz super-firm or extra-firm tofu
- 1/4 cup nutritional yeast
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/4 tsp salt
- 1 cup Italian seasoned breadcrumbs
- 2 tbsp oil

Instructions

1. Preheat the oven to 400°F.

2. Drain the chickpeas over a bowl, reserving the liquid. Pat chickpeas dry, then blend with tofu, nutritional yeast, smoked paprika, garlic powder, onion powder, and salt until smooth.

3. Set up two bowls, one with breadcrumbs and one with the reserved chickpea liquid. Scoop nugget-sized portions of the dough and coat each one in breadcrumbs, dip in the liquid, then coat in breadcrumbs once more.

4. Arrange on a parchment-lined baking sheet, brush with oil, and bake until browned and crispy.

5. Serve warm with your favorite dipping sauce.