



Lentil Meatballs

5 servings
35 minutes

Ingredients

1/2 cup Dry Green Lentils (rinsed)
1 cup Vegetable Broth
1/2 tsp Extra Virgin Olive Oil
1/3 cup Shallot (chopped)
1 tbsp Ground Flax Seed
3 tbsps Water
1/4 cup Parsley (chopped)
1/4 cup Nutritional Yeast
1/2 cup Almonds (chopped)
3/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	200
Fat	8g
Carbs	20g
Fiber	6g
Sugar	2g
Protein	13g
Cholesterol	0mg
Sodium	509mg
Vitamin A	369IU
Vitamin C	6mg
Calcium	62mg
Iron	3mg

Directions

- 1 Add lentils and broth to a medium-sized saucepan or pot. Bring to a boil. Lower the heat to a simmer and cook for 15 to 20 minutes, or until softened and cooked through. Drain any excess liquid and set aside.
- 2 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 3 Heat the oil in a small skillet over medium heat. Once hot, add the shallot and cook for 4 to 5 minutes or until softened. Remove from heat and set aside.
- 4 In a small bowl, add the ground flax seeds and water and let sit for a few minutes to thicken slightly.
- 5 In a food processor, add the lentils, shallot, flax mixture, parsley, nutritional yeast, almonds, and salt. Pulse until combined and the dough starts to hold together.
- 6 Using slightly damp hands, roll the dough into golf-ball sized balls. Place on the baking sheet. Bake for 25 minutes, flipping halfway through. Enjoy!

Notes

Leftovers: Refrigerate for up to seven days. Freeze for up to two months.

Serving Size: One serving is approximately three balls.

Serve it With: Serve with a side of veggies or on top of pasta.

More Flavor: Add minced garlic with the shallot. Add tomato paste and/or tamari for more flavor.