

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	Carbs	20g
Fat	8g	Protein	13g

DIRECTIONS

- 01 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.
- 02 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 03 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.
- 04 In a small bowl, add the ground flax seeds and water and let sit for a few minutes to thicken slightly.
- 05 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.
- 06 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!