

Lentil Meatballs

Prep Time: 15 minutes

Cook Time: 25 minutes

Total Time: 40 minutes

Servings: 4+

Serving Size: 4-5 meatballs, with some leftovers

Ingredients:

1 cup dry red or yellow lentils

2 cups water

½ tablespoon grapeseed oil

1 small red onion

1 medium zucchini

1 medium carrot

1 clove garlic

1 handfull fresh parsley

½ cup breadcrumbs

1 tablespoon flour (All purpose or chickpea)*

1 tablespoon soy sauce or tamari

Salt and pepper to taste

Grapeseed oil for frying—about 2 tablespoons

Directions:

1. Combine the lentils and water in a medium saucepan and bring to a boil. Cook until all the water is absorbed and lentils are soft—about 8 minutes. If the water gets absorbed and the lentils are still not soft, add water 2 tablespoons at a time and continue to cook.
2. While lentils cook, grate the carrot and finely chop the zucchini, red onion, garlic and parsley.
3. Heat a medium saucepan over medium-high heat. Add the ½ tablespoon grapeseed oil and sauté the carrot, zucchini, onion and garlic. Season with salt and pepper to taste. Cook until onion is translucent, about 8 minutes. Transfer to a large bowl and set aside.
4. When the lentils are done cooking, add them to the bowl with the veggies. Also add the parsley, soy sauce, flour and breadcrumbs. Mix well—I used my hands. This should form into a dough-like texture that sticks together. If it does not, add a little more flour and keep mixing.
5. Heat a large pan over medium-high heat. While pan heats, start rolling your dough into balls. Each one should be roughly the size of golf balls. Add the oil to the pan, and put the balls in as you roll them. Fry until golden brown on all sides.
6. Serve hot.

Tips and Tricks:

Sometimes a foamy layer will form on the top of your lentils as they boil, don't worry about this. Just use a large flattish serving spoon to skim the foam off the top and discard.

*To make this dish gluten free, use chickpea flour.

Nutritional Information Per Serving:

Calories: 312.7

Fat: 3.2 g

Cholesterol: 0 mg

Sodium: 341.2 mg

Total Carbohydrate: 53.2 g

Dietary Fiber: 20.5 g

Sugars: 4.0 g

Protein: 18.7 g