

# LENTIL "MEAT" BALLS



## INGREDIENTS:

- 1 cup cooked lentils
- 1/2 cup quick oats
- 2 tbsp nutritional yeast
- 2 tbsp tomato paste
- 1 small onion
- 1/2 tsp garlic powder
- 1 tbsp Italian herb seasoning
- 1/4 tsp salt
- 1/2 tsp liquid smoke (optional)

## DIRECTIONS:

- 1) Preheat oven to 350 F
- 2) Chop onion finely, cook on an lightly oiled pan until transparent. Remove from heat
- 3) Add oats to a food processor, blend to a flour consistency
- 4) Add onion and all other ingredients to the food processor with the oat flour
- 5) Pulse a few times until combined, mixture should still have some texture. Don't over mix, it should not be mushy
- 6) Use your hands to roll mixture into "meat" balls, 1 oz each
- 7) Place on a baking sheet with parchment paper and bake for 10 minutes. Flip and bake for an additional 10 minutes

Enjoy!

Makes 12 Meatless Balls | 1 Serving = 4 Meatless Balls  
Calories: 179 | Protein: 12 g | Carbs: 31 g | Fat: 2 g | Fiber: 7 g