LENTIL MUSHROOM BALLS

SERVING SIZE 2 balls each

YIELD 20 balls

METHOD Bake

1½ tsp	Olive or canola oil
2 oz	Diced yellow onion
5 oz	Sliced cremini mushrooms
1½ tsp	Chopped garlic
2¼ oz	Chopped red bell pepper
1½ cup	Cooked lentils
½ cup	Quick cooking oats
¼ cup	Chopped walnuts
1 tbsp	Ground flaxseed
1 tbsp	Italian seasoning
½ tsp	Fennel seeds
½ tsp	Salt
¼ tsp	Ground black pepper
1⅓ tbsp	Tomato paste
3 sprays	Pan coating spray

1. Preheat oven to 350 degrees.
2. Heat oil in a pan on medium heat and add onion. Saute until onion softens.
3. Add garlic and saute for 1 minute.
4. Add mushrooms until moisture begins to be drawn out. Allow to cool for 5 - 10 minutes.
5. Add mushroom mixture (less any drawn out water) and all ingredients to food processor and pulse until all ingredients are combined and milled evenly. (Pulse 3-5 seconds, scrape and pulse for another 3-5 seconds. Avoid pureeing the mixture.)
6. Line a sheet pan and spray with pan spray.
7. Form 1 oz balls out of mixture.
8. Bake at 350° until 135 degrees inside and slightly browned on the outside, about 15-20 minutes.
9. Serve with your favorite marinara sauce.

PER SERVING: 170 CALORIES | 4 GM TOTAL FAT
0 GM SATURATED FAT | 0 G TRANS FAT
0 MG CHOLESTEROL |190 MG SODIUM | 25 GM CARBOHYDRATE
8 GM FIBER | 2 GM TOTAL SUGARS | 9 GM PROTEIN

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ELIOR NORTH AMERICA



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