** Lentil “Meatballs”**

***Serves 4***

**Ingredients**

3 tbsp olive oil + 1 tbsp for cooking

3 cloves garlic, minced

1 shallot, minced or 3 tbsp minced white onion

1 1/2 cups cooked green lentils, cooked in vegetable stock (about 1/2 cup dried lentils)

1/4 cup walnuts

1/2 tbsp oregano

1/2 tbsp thyme

1/2 tsp rosemary

1 large egg

1 tbsp tomato paste

Pinch of salt

Pinch of pepper

5 tbsp shredded parmesan cheese

**Directions**

1. In a pan, sauté shallot/onion and garlic in 1 tbsp of olive oil until slightly browned.
2. Preheat oven to 375 degrees and line a baking sheet with parchment paper.
3. In a food processor, add sautéed shallot/onion, garlic, cooked lentils, walnuts, herbs, egg, tomato past, salt, pepper and parmesan cheese. Pulse frequently until the mixture is dough-like but not pureed. Add olive oil if the mixture is too dry and adjust the herbs to taste.
4. Using a tablespoon or melon baller, scoop mixture out and, with your fingers, gently form balls on the baking sheet.
5. Cook for about 12- 15 minutes. Take the baking sheet out and carefully turn balls over with a spoon. Cook for another 11-13 minutes.
6. Serve meatballs over zucchini noodles or cauliflower rice and your choice of tomato sauce or pesto. Sprinkle with parmesan cheese.

**Nutrition**

For 4 balls:

278 Cals, 11g C, 12g P, 18g F