



From the Kitchen of Executive Chef Jessica VanRoo



Lentil Meatballs with Roasted Red Pepper Sauce

Makes 18

Ingredients

- 1 (14.5-oz.) can lentils, rinsed and drained
- $\frac{3}{4}$ cup plain unseasoned breadcrumbs (gluten-free)
- $\frac{1}{2}$ cup roughly chopped red onion
- $\frac{1}{4}$ cup fresh parsley leaves (no need to chop)
- 1 flax egg (1 tablespoon flaxseed meal with 2 $\frac{1}{2}$ tablespoons water)
- 2 Tbsp. tomato paste
- 1 tsp. tamari
- 1 $\frac{1}{2}$ tsp. minced fresh garlic
- 1 tsp. dried oregano
- 1 tsp. smoked paprika
- $\frac{1}{2}$ tsp. each kosher salt and black pepper
- 2 Tbsp. olive oil for cooking

Roasted Red Pepper Sauce (optional)

- 1 (12-oz.) jar roasted red peppers, drained
- $\frac{1}{4}$ cup extra-virgin olive oil
- 2 Tbsp. harissa
- $\frac{1}{2}$ Tbsp. minced fresh garlic
- $\frac{1}{2}$ tsp. each kosher salt and black pepper

Instructions

1. Food process: lentils, breadcrumbs, onion, parsley, flax egg, tomato paste, tamari, garlic, oregano, paprika, salt, and pepper. Don't puree. Leave a little texture, and add more breadcrumbs if needed.
2. Form into 18 meatballs, and bake in a 375-degree oven until cooked through about 15-20 minutes.
3. For sauce, blend everything, season to taste, and serve with meatballs.