



Lentil Meatballs with Spinach Marinara

INGREDIENTS

- 2 tablespoons olive oil, plus 1 tsp, divided
- 4 cloves garlic, minced
- 2 shallots, minced
- 1½ cups green lentils, cooked (about 2/3 cup dry)
- 1 egg (or 1 tablespoon flaxseed meal mixed with 2.5 tablespoon water if vegan)
- 1 tablespoon tomato paste
- ⅓ cup grated parmesan cheese (or nutritional yeast if vegan)
- 1 tablespoon whole wheat breadcrumbs
- 1½ tablespoons Italian seasoning
- 1 teaspoon fennel seeds
- salt, to taste
- pepper, to taste
- ½ can diced tomatoes
- 1 tablespoon tomato paste
- Italian seasoning
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 375°F.
2. Heat a large skillet over medium heat then add 1 tablespoon of olive oil, shallot and garlic and sauté for 2-3 minutes, or until slightly golden brown then remove from heat. Set aside half for marinara sauce.
3. In a food processor (or in bowl if you've already mashed lentils), combine ½ of the garlic and shallots, lentils, egg, tomato paste, cheese, bread crumbs, Italian seasoning, fennel seeds, and salt and pepper. Pulse until combined.
4. Roll mixture into small balls and place on baking sheet covered with parchment paper. Bake for 12-15 minutes and let cool for 5 minutes.
5. While meatballs are baking, in small sauce pan combine diced tomatoes, tomato paste, Italian seasoning, garlic and shallots, and salt/pepper to taste. Simmer on low until meatballs are ready.
6. Top meatballs with marinara sauce and serve with pasta if desired.