

LENTIL MEATBALLS

These “meatballs” have just the right amount of spice. Treat these like traditional meatballs...serve with marinara sauce or pesto on a bed of pasta or make a meatball sub. Or change things up by making the mix into patties for delicious veggie burgers.

Corporate Chef Kurt Kwaitkowski, MSU Residential Dining Services

Featured Food: Lentils

Yield: Makes 24 meatballs, serves 6-8

Ingredients

½ c dried brown lentils	1 t ground thyme
½ c panko bread crumbs	½ t ground cumin
½ c coconut milk	1 t ground black pepper
4 oz fresh mushrooms, minced	1 t salt
1 small onion, minced	½ t garlic powder
4 T chopped fresh parsley	5 oz sweet potato, peeled, small diced, and cooked until tender
2 T chopped basil	2 oz red bell pepper, small dice
1 T tahini	Vegetable oil (optional)
½ c rice flour	

Preparation

Wash and sort lentils. Place in small bowl and add 1 c water; soak overnight. Or, if you're ready to make these and you just noticed the instruction to soak overnight, simmer lentils in water for 10 minutes—you want them to be slightly undercooked.

Combine bread crumbs and coconut milk in small bowl and let sit for 10 minutes. Preheat oven to 350°F.

Place lentils in food processor; blend until a paste begins to form. Add the soaked panko bread crumbs; pulse until mixture is thoroughly combined. Add mushroom, onion, fresh herbs, and tahini. Pulse until combined.

Whisk together the dry ingredients. Add to the food processor bowl and pulse until combined.

Transfer the mixture to a mixing bowl. Fold in the sweet potato and bell pepper. With wet hands, form the mixture into 1 oz meatballs. Place on a baking sheet lined with parchment paper.

Bake for 8 minutes, rotate pan and bake another 10 minutes. For extra crunchy exterior, remove from oven after the first 8 minutes; deep fry or pan fry in vegetable oil until brown.