

LENTIL MEATBALLS

MAKES 20 PIECES | SERVING SIZE: 4 PIECES

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INGREDIENTS

2 1/2 cups water

1 cup dry lentils - white, red, or yellow

1 cup bulgur wheat

1 tsp salt

1 tsp black pepper

1 tsp coriander, ground

3/4 tsp cinnamon, ground

1/4 tsp cloves, ground

1/2 tsp allspice, ground

1 1/2 tbsp cumin, ground

1 tsp cardamom, ground

1/2 tsp nutmeg, ground

2 large eggs

DIRECTIONS

Preheat oven to 350°F degrees.

In medium saucepan, combine water and lentils and bring to a boil. Turn down to low, stir, and cover with lid. Cook 20 minutes. Remove lid stir in bulgur, replace lid, cook for 15 minutes. Remove and cool in refrigerator.

When cool, place lentil mixture into mixing bowl and stir in salt and spices.

Next, mix in eggs. Squeeze the entire mixture with hands for 1 minute to remove excess liquid and drain.

To make lentil balls, take about 1-2 tbsp of mixture and form into balls and place on baking sheet lined with parchment paper.

Place baking tray into preheated oven and bake for 30 minutes.

Chef's Tip: Add sauce or use in recipes as you would with traditional meatballs!

Amount per serving: **Calories 270**, **Total Fat 3g**, Sat. Fat 1g, **Sodium 410mg**, **Total Carbs. 48g**, Fiber 8g, **Protein 16g**

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