



California Walnut Meatless Meatballs



Total Time
42 Mins

Serves
4

Serving Size
2 meatballs

Meal
Dinner Lunch

DESCRIPTION

You won't miss the beef in this healthier version of the classic Italian favorite.

INGREDIENTS

1 tablespoon olive oil

1/4 cup minced onion

1 teaspoon minced garlic

1 tablespoon tomato paste

1/2 cup walnuts, chopped

1/4 cup cooked brown rice

1/4 cup chopped roasted red peppers

1/4 cup panko breadcrumbs

1/4 cup Parmesan cheese

1 tablespoon Italian seasoning

2 tablespoons chopped Italian parsley

1 egg, beaten

California Walnut Pesto

(<https://walnuts.org/recipe/vegan-creamy-california-walnut-pesto-sauce/>) or Muhammara Sauce

(<https://walnuts.org/recipe/california-walnut-muhammara/>)

PREPARATION

1. Preheat oven to 375°F and line a baking sheet with parchment paper.

2. Heat oil in a small skillet over medium heat. Add onion and garlic and sauté for 1 minute. Add tomato paste and cook for 1 minute more.

3. Transfer to a food processor with walnuts, rice, roasted red peppers, breadcrumbs, Parmesan, parsley, Italian seasoning, and egg. Pulse until combined, but not mushy.

4. Form into 8 equal balls and place on prepared baking sheet. Cook for 12 minutes or until firm to the touch. Serve with California Walnut Pesto (<https://walnuts.org/recipe/vegan-creamy-california-walnut-pesto-sauce/>) or Muhammara Sauce (<https://walnuts.org/recipe/california-walnut-muhammara/>).

NUTRITION

Calories: 210 cal

Total Fat: 16 g

Saturated Fat: 2.5 g

Polyunsaturated Fat: 7.802 g

Monounsaturated Fat: 4.678 g

Cholesterol: 50 mg

Sodium: 240 mg

Carbohydrates: 12 g

Dietary Fiber: 2 g

Total Sugars: 2 g

Protein: 7 g

Vitamin D: 0 mcg