

Meatballs with Marinara Sauce



Ingredients

1/2 tsp olive oil	3 Tbsp quick oats
1/2 yellow onion, chopped	1 1/2 tsp low sodium soy sauce
1 cup mushrooms, chopped	1/2 tsp dried thyme
2 cloves garlic, minced	1/2 tsp paprika
1/2 cup ground walnuts	1/2 tsp onion powder
2 Tbsp tomato paste	1 Tbsp nutritional yeast
1/4 cup fresh parsley, chopped	1 tsp black pepper
2 Tbsp wheat germ	1 jar marinara sauce

Instructions

In a skillet on medium heat, add olive oil. When oil is heated, add onions, mushrooms and garlic and cook about 4 minutes or until soft. Drain vegetables if necessary. Transfer to a food processor; add all remaining ingredients and blend until smooth. Form into 18 small balls and place on parchment covered baking sheet. Bake covered for about 30 minutes. Uncover, flip meatballs and bake for an additional 15 minutes, uncovered. Heat sauce in microwave safe bowl. Add cooked meatballs and serve.

Nutrition Information Per Serving

Serving Size: 3 each

Serves 6

Calories: 230

Fat: 15 gm

Sodium: 180 mg

Fiber: 5 gm

Carbohydrates: 22 gm

Protein: 7 gm

Sugars: 9 gm