

Meatballs with Marinara Sauce

Serves: 12, 3 each

amount	unit	Ingredients:
1	Tbsp	olive oil
1	each	yellow onion, chopped
2	cups	mushrooms, chopped
4	cloves	garlic, minced
1	cup	walnuts
4	Tbsp	tomato paste
0.5	cup	fresh parsley, chopped
4	Tbsp	wheat germ
6	Tbsp	quick oats
1	Tbsp	low sodium soy sauce
1	tsp	dried thyme
1	tsp	paprika
1	tsp	onion powder
2	Tbsp	nutritional yeast
2	tsp	black pepper
1	jar	marinara sauce

Instructions: Preheat oven to 400 degrees. In a skillet on medium high heat, add olive oil. When oil is heated, add onions, mushrooms and garlic and cook about 4 minutes or until soft and liquid from mushrooms has evaporated. Transfer to a food processor; add all remaining ingredients and blend until smooth. Form into 36 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.

Nutritional Information:

Calories: 230; Carbohydrates: 22 g; Fiber: 5g; Sugars: 9 g; Protein:7 g; Fat: 15g; Saturated Fat:1.5 g; Cholesterol: 0 mg; Sodium: 180mg;