

Swedish Lentil Balls

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Makes 20–24 balls | Ready in 40 minutes | Stores 5 days in fridge

FOR THE LENTIL BALLS

- 6 oz onion, chopped (1 medium)
- 8 oz sliced crimini mushrooms (2 cups)
- 4 cloves garlic, minced
- 3 cups cooked green lentils
- 3 oz walnuts or pecans ($\frac{3}{4}$ cup)
- $\frac{1}{2}$ cup rolled oats or quinoa flakes
- 2 tablespoons ground flax seed
- 2 tablespoons apple cider or rice vinegar
- 1 tablespoon stoneground mustard
- $\frac{1}{2}$ tablespoon no-salt seasoning (i.e. Benson's Table Tasty) or tamari
- $\frac{1}{2}$ tablespoon tamarind paste
- $\frac{1}{2}$ tablespoon dried thyme
- $\frac{1}{2}$ tablespoon dried sage
- $\frac{1}{2}$ teaspoon red pepper flakes, or more to taste
- $\frac{1}{2}$ teaspoon ground black pepper, or more to taste

INGREDIENTS

1. Preheat oven to 375°F. Line a baking sheet with parchment paper.
2. Add the onion, mushroom, and garlic to a sauté pan over medium heat. Cover and sauté for 5 minutes, or until onions are translucent and the mushrooms are tender.
3. Transfer the veggies to a large food processor. Add the cooked lentils, walnuts, and rolled oats. Pulse a few times to mix well, but still leave it semi-chunky. It will look slightly dry, but that's what you want.
4. In a small bowl whisk together the ground flax, vinegar, mustard, no-salt seasoning, and tamarind paste. Set aside until needed.
5. Transfer what's in the food processor to a large bowl. Add the thyme, sage, and red pepper flakes, and black pepper. Add the flax-vinegar blend. Mix well. Feel free to use clean hands.
6. Take a small handful of the mixture and roll into a 1–1½-inch ball. Place the ball on the prepared baking sheet. Repeat with the rest of the mixture, placing the balls about an inch apart.
7. Bake for 20 minutes. Turn the balls half-way through this time, so you don't have one side more browned and much flatter than the rest of the ball. Enjoy warm!

Recipe and photos online here >> <https://plantzst.com/swedish-lentil-balls/>