



Simple | Healthy | Delicious

Lentil Eggplant Meatballs

INGREDIENTS

1 cup Nature's Earthly Choice Lentil Trio
2 cups water or broth
2 cups eggplant, diced
½ cup onion, diced
3 to 4 tablespoons olive oil
1 cup seasoned bread crumbs
1 tablespoon minced garlic
1 tablespoon dried oregano
Salt and pepper to taste



DIRECTIONS:

1. Pre-heat the oven to 400 degrees Fahrenheit. Meanwhile, rinse the lentils until the water runs clear. Combine lentils and water in a pot and bring to a boil. Reduce to a simmer, partially cover, and cook for 15 minutes, stirring occasionally.
2. In a large skillet, sauté the eggplant and onion in olive oil until soft and golden, about 10 to 15 minutes. Let cool.
3. Place the cooled cooked lentils, eggplant, and onion to a food processor or high-powered blender. Briefly pulse until processed, taking care to avoid over-pulverizing.
4. In a large bowl, combine the lentil-eggplant mixture with bread crumbs, garlic, oregano, salt, and pepper. Mix well.
5. Form the mixture into 1 ½-inch balls. Place on a greased baking sheet and bake for 20 to 25 minutes, or until slightly crispy.