

Mushroom Walnut Lentil Balls

Preparation Time: 20 minutes

Cooking Time: 35 minutes

- Preheat oven to 375°F (190°C)
- Equipment: baking sheets, parchment paper

Ingredients

6 servings (Makes 30 balls)

1 cup (250 ml) water
3 tbsp (15 g) ground flaxseed
2 tbsp (30 ml) grapeseed oil
3 cups (200 g) mixed mushrooms (Portobello, shiitake, or cremini), stems removed, diced
1 cup (160 g) diced onion
4 cloves (12 g) garlic, pureed
1 tbsp (2 g) dried basil
2 tsp (4 g) ground cumin
1 tsp (3 g) paprika
¼ tsp cayenne (optional)
1 cup (90 g) walnuts, chopped
1 tbsp (15 ml) tamari
1 ½ cups (250 g) cooked brown lentils
1 ½ cups (205 g) whole grain spelt flour
1 tbsp (15 mL) lemon juice
1 tsp (5 g) sea salt

24 servings (Makes 120 balls)

4 cups (1 L) water
¾ cup (60 g) ground flaxseed
½ cup (125 ml) grapeseed oil
12 cups (800 g) mixed mushrooms (Portobello, shiitake, or cremini), stems removed, diced
4 cups (640 g) diced onion
16 cloves (71 g) garlic, pureed
¼ cup (8 g) dried basil
8 tsp (16 g) ground cumin
4 tsp (12 g) paprika
1 tsp (3 g) cayenne (optional)
4 cups (360 g) walnuts, chopped
¼ cup (60 ml) tamari
6 cups (1 kg) cooked brown lentils
6 cups (820 g) whole grain spelt flour
¼ cup (60 mL) lemon juice
4 tsp (20 g) sea salt

Directions

1. Preheat oven to 375°F (190°C). Line baking sheet(s) with parchment paper.
2. In a small bowl, mix together water and flaxseed. Set aside and allow to gelatinize, about 10 minutes.
3. Meanwhile in a large sauté pan over medium high heat add 1 tbsp oil (¼ cup for 24 servings). Add mushrooms. Sauté until slightly brown, about 5 minutes (10-15 minutes for 24 servings).
4. Next add onions, garlic, basil, cumin, paprika, and cayenne. Sauté until fragrant, about 3 minutes (6 minutes for 24 servings).

5. Next add walnuts and sauté until slightly toasted, about 3 minutes (5 minutes for 24 servings).
6. Mix in tamari and remove from heat.
7. In a large mixing bowl add flaxseed mixture, mushroom mixture, cooked lentils, spelt flour, lemon juice, salt, and pepper. Using your hands knead the mixture to form a dough ensuring that the flour and ingredients are fully incorporated.
8. Next, roll dough into balls, approximately 2 tbsp (30 ml) each. Arrange on prepared baking sheets and lightly brush balls with 1 tbsp of oil (1/4 cup for 24 servings).
9. Bake in the oven for 35 minutes until tops are golden brown.

Tips:

- 1) One serving is 5 lentil balls.
- 2) In lieu of baking, use oil to cook balls in a large sauté pan over medium high heat. Cook each side for 3-4 minutes, covering the pan with a lid in between flipping.
- 3) Serve lentil balls over your favourite whole grain pasta with your favourite sauce OR on a whole grain sub bun with onions, marinara and bell peppers.
- 4) Once cooled, freeze balls in a resealable bag or container and keep in the freezer for up to 6 months. When ready to use, remove from freezer and place on to a parchment lined baking sheet and bake in a 375°F (190°C) oven until balls are heated through, about 20 minutes.

Nutritional Information

Nutrition Facts	
Valeur nutritive	
Per 5 balls (192 g) par 5 boulettes (192 g)	
Calories 360	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 17 g	23 %
Saturated / saturés 1.5 g	8 %
+ Trans / trans 0 g	
Omega-3 / oméga-3 0.6 g	
Carbohydrate / Glucides 40 g	
Fibre / Fibres 11 g	39 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 14 g	
Cholesterol / Cholestérol 0 mg	
Sodium 490 mg	21 %
Potassium 400 mg	9 %
Calcium 50 mg	4 %
Iron / Fer 4.5 mg	25 %
Vitamin A / Vitamine A 10 mcg	1 %
Vitamin C / Vitamine C 5 mg	6 %
Vitamin E / Vitamine E 1.5 mg	10 %
*5% or less is a little , 15% or more is a lot	
*5% ou moins c'est peu , 15% ou plus c'est beaucoup	



Intro: This recipe always invokes romantic Italian eatery images in my mind. Robust mushroom lentil balls atop a pile of slippery, tomatoey noodles topped with heaping mounds of almond parmesan and a side of (potentially seductive) supportive company. This is an excellent “meaty” dish for the veg curious people in your life and is a fantastic freezer friendly recipe. It is rich in 14g protein, 4.5mg iron and 11g fibre per serving.

Symbols: high source of fibre, good for bowel motility, nausea and fatigue, high protein, kid friendly, good for all seasons, easy to swallow, nut free, soy free, gluten free, freezable, make ahead meals

Functional foods present: flaxseed, mushrooms, allium vegetables (onions, garlic), dried herbs, spice, nuts, legumes (lentils), whole grains (spelt), citrus fruit (lemon)

Examples of phytonutrients and anti-oxidants present: lignans (flaxseeds), beta-glucans (mushrooms), allicin (onions, garlic), carotenoids (dried herbs), polyphenols (whole grains, lentils), vitamin C (citrus fruit)

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Chef Amy Symington is Gilda’s Club Toronto’s Nutrition Coordinator and a George Brown College Chef. All author proceeds from The Long Table Cookbook are being donated to Gilda’s Club Greater Toronto to support their important social, emotional and nutritional programming.

“In the nutrition world, it is becoming more and more apparent that we do, in fact, have a say in how our health turns out. Sound nutrition, which includes whole, plant-based foods, is more important than is sometimes credited by your average healthcare institution. Supplying the general population with the practical tools to steer themselves and their loved ones toward optimal health is what I strive for every day of my wonderful existence. My aim is to inspire.”

– Amy Symington