



Lentil Mushroom Walnut Balls with Cranberry-Pear Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



13

CALORIES



171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 13 servings pepper black freshly ground to taste
- 2 cups cranberries fresh
- 2 cups crimini mushrooms finely chopped (one 8-oz package)
- 0.3 cup cranberries dried finely chopped
- 0.5 cup green lentils uncooked
- 0.5 teaspoon thyme dried
- 2 teaspoons olive oil extra virgin

- 1 small pinch sea salt fine
- 0.5 teaspoon rosemary leaves dried fresh finely chopped (or)
- 3 large garlic clove minced
- 2 tablespoons ground flaxseed
- 1 cup kale finely chopped
- 0.5 cup maple syrup pure
- 0.5 teaspoon oregano dried
- 1 pears ripe peeled finely chopped
- 0.5 cup rolled oats gluten-free
- 1 tablespoon sherry vinegar
- 1 cup walnuts finely chopped

Equipment

- bowl
- frying pan
- baking sheet
- baking paper
- oven
- whisk
- pot
- potato masher
- wok

Directions

- Add lentils into a medium pot along with 2 and 1/4 cups water. Bring to a boil and then reduce heat to medium. Simmer for about 20 minutes, uncovered, adding more water if the lentils dry out. Once the lentils are fork tender, remove from heat and mash with a potato masher until it's a coarse paste with some lentil pieces still intact. Set aside. Meanwhile, preheat the oven to 325F. Toast the chopped walnuts for 9-12 minutes, until lightly golden and fragrant. After toasting, increase oven temp to 350F. In a very large skillet or wok, add the oil along with the

finely chopped mushrooms and garlic. Season with salt.

- Saute over medium-high heat for about 7-9 minutes, until most of the water cooks off. Now add the kale, toasted walnuts, cranberries, herbs, and sherry vinegar. Stir until combined and continue cooking for another few minutes until the kale is wilted.
- Remove from heat and stir in the mashed lentils when ready. In a small bowl, whisk together the ground flax and water. Stir for 10 seconds and then immediately pour into the skillet mixture. Stir to combine. Now stir in the 1/2 cup oat flour until combined. Season with salt and pepper to taste. The mixture should be fairly moist and sticky. If it's way too sticky, add a bit more oat flour. If it's dry, add another tbsp of water. Line a baking sheet with parchment paper. Shape lentil mixture into balls and pack tightly with your hands so they hold together.
- Place on baking sheet an inch or so apart. Repeat for the rest. If the mixture is too hot to handle, let it cool for a bit first and then proceed.
- Bake the lentil balls at 350F for 15 minutes.
- Add the cranberries, pear, and maple syrup into a medium pot. Bring to a low boil over high heat and then reduce heat to medium. Simmer, uncovered, for 10-20 minutes until thickened. Use a potato masher to mash up the pear.

Nutrition Facts

PROTEIN 9.82% **FAT 36.89%** **CARBS 53.29%**

Properties

Glycemic Index:25.68, Glycemic Load:5.7, Inflammation Score:-6, Nutrition Score:9.2347825820679%

Flavonoids

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Nutrients (% of daily need)

Calories: 170.65kcal (8.53%), Fat: 7.34g (11.29%), Saturated Fat: 0.74g (4.61%), Carbohydrates: 23.86g (7.95%), Net Carbohydrates: 19.03g (6.92%), Sugar: 12.32g (13.68%), Cholesterol: 0mg (0%), Sodium: 7.63mg (0.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.4g (8.79%), Manganese: 0.96mg (47.93%), Fiber: 4.83g (19.31%), Vitamin B2: 0.26mg (15.4%), Copper: 0.29mg (14.46%), Folate: 51.34µg (12.83%), Phosphorus: 103.41mg (10.34%), Vitamin B1: 0.15mg (10.23%), Vitamin K: 10.31µg (9.82%), Magnesium: 38.58mg (9.64%), Selenium: 5.28µg (7.54%), Potassium: 248.95mg (7.11%), Iron: 1.28mg (7.08%), Zinc: 1.05mg (7.01%), Vitamin B6: 0.13mg (6.74%), Vitamin C: 4.95mg (6%), Vitamin B5: 0.49mg (4.88%), Vitamin B3: 0.88mg (4.39%), Calcium: 43.4mg (4.34%), Vitamin A: 182.2IU (3.64%), Vitamin E: 0.52mg (3.46%)