



QUINOA “MEATBALLS”

QUICK INFORMATION

TIME



1.5HR

SERVES



6

CALORIES



280

GLUTEN FREE



RECIPE

VEGETARIAN



RECIPE

INGREDIENTS

- ¾ cup of Lundberg Organic Antique White Quinoa
- 2 tbsp. olive oil
- 1 large onion, peeled and quartered
- 1 (28oz) can of crushed or pureed tomatoes
- 1 tsp. balsamic vinegar
- 2 cloves garlic, minced
- 1 tsp. of chopped fresh rosemary
- 1 tsp. of chopped fresh thyme
- 10oz cremini mushroom
- 2 tbsp. tomato paste
- 3 eggs lightly beaten
- ½ cup panko bread crumbs (gluten free if desired)
- ⅓ cup finely grated parmesan cheese
- 2 tbsp. finely chopped parsley
- Salt & Pepper

PREPARATION

Cook quinoa according to packaging directions, using ¾ cup and 3 tablespoons of water.

Preheat oven to 375F

Place onion in a food processor and chop into very fine pieces, transfer to a bowl.

In a large skillet, heat 1 tablespoon of olive oil over medium heat until shimmering. Add half the onions, season with salt and pepper. Cook until onions have softened about 10 minutes.

NUTRITIONAL FACTS

Serving Size: 1/6 recipe (284g)

AMOUNT PER SERVING

Calories 280 Calories from Fat 90

Total Fat 10g
Saturated Fat 2.5g
Trans Fat 0g

Cholesterol 95mg

Sodium 620mg

Total Carbohydrate 39g
Dietary Fiber 7g
Sugars 10g

Protein 13g

In a medium sauce pan, heat 1 tablespoon of olive oil over medium heat until hot. Add the other half of the onions, season with salt and pepper. Cook until onions are translucent and slightly golden in color about 5 minutes.

While onions are cooking, place all mushrooms in the food processor and pulse until finely chopped.

To the saucepan add whole can of tomatoes and balsamic vinegar. Season with more salt and pepper; simmer for 15 - 20 minutes until sauce has thickened.

To the onions in the skillet, add garlic, rosemary and thyme, cook until aromatic about 30 seconds. Add mushrooms, seasoning lightly with salt and pepper, cook for another 10 minutes.

Stir tomato paste into mushroom mixture and cook for an additional minute. Transfer into a large bowl and allow to cool slightly.

To the mushroom mixture, add the quinoa, bread crumbs, grated cheese, and eggs. Mix thoroughly to combine.

Using a tablespoon and damp hands roll and form quinoa mixture into 35-40 "meatballs". Arrange meatballs on a greased baking sheet.

Bake meatballs for 20 minutes or until light golden brown.

Serve meatballs with sauce and garnish with parsley and grated cheese.

Enjoy!