Lentil and Cranberry Balls

Ingredients
Double or triple the recipe ingredients, depending on the number of guests expected.

- ¼ cup (60 ml) vegetable oil
- 2½ containers (550 g) white mushrooms, finely chopped
- 3 onions, finely chopped
- 10 garlic cloves, chopped
- 1 tbsp (15 ml) fresh thyme (leaves only)
- 4 cans (540 ml) green lentils, rinsed and drained
- 1½ cup (375 ml – 190 g) dried cranberries
- 1½ cup (375 ml – 190 g) sunflower seeds
- 1 cup (375 ml – 150 g) Panko breadcrumbs
- 1 tbsp (15 ml) salt

YOU WILL NEED:
- baking sheets
- parchment paper
- 2 large frying pans
- set of measuring spoons
- set of measuring cups
- wooden spoon
- potato masher
- 2 large bowls
Preparation

1. Preheat oven to 400 °F.
2. Line 2 baking sheets with parchment paper and set aside.
3. Heat 2 large frying pans over high heat and add 15 ml (1 tbsp) oil in each pan.
4. Sauté mushrooms until they are cooked and beginning to brown.
5. Lower heat to medium-low, add onion, garlic and thyme and cook for a few minutes, until onion is tender. Add oil if necessary.
6. Remove from heat and pour mixture into a large bowl.
7. In a second bowl, pour lentils and mash with a potato masher.
8. Add cooked mushroom mixture, cranberries, sunflower seeds, bread crumbs and salt, and mix well.
9. Using your hands, form 100 small balls and place onto baking sheets.
10. Bake in oven for 15 minutes, turning the balls when half-cooked.

CHEF’S TIP: Prepare the mixture in a rectangular mold to make a veggie meatloaf.

DIETITIAN TIP: Did you know you can find dried cranberries flavoured with apple juice? They can be delicious in this recipe.