



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.