

## VEGETARIAN MEATBALLS

### Ingredients

2	Cups	bread crumbs
3	Cups	cooked rice
1		small onion, chopped
2	Cups	lentils, cooked
1	Cup	chopped walnuts (small pieces)
4	Tbsp	Polenta (can substitute cornmeal)
4	Tbsp	chickpea flour
2	tsp	cumin (roasted in a pan)
1/4	Cup	cilantro, chopped
1/2	Cup	parsley, chopped
2	tsp	dried tarragon
4		dried plums
4		eggs
2	tsp	salt
8		green onions, chopped (just the greens)
1/4	tsp	cinnamon
10		fresh basil leaves, chopped
1	tsp	coriander
1	tsp	red pepper flakes
1	Tbsp	lime juice
2	Cups	shredded cheese

### Instructions

- 1) Preheat the oven to 450°F. Begin cooking the rice. Set aside.
- 2) Combine 2 cups lentils and 5 cups water, Cook until lentils are well cooked but slightly firm.
- 3) Chop the dried plums, Beat the eggs. Blend the chopped plums with the eggs. Set aside.
- 4) Add Polenta (or cornmeal), chickpea flour, toasted cumin, tarragon, onion, cilantro, parsley, walnuts, salt, green onions, cinnamon, chopped basil, coriander, red pepper flakes, lime juice, cheese, egg and plum mixture, bread crumbs.
- 5) Form into meatballs.
- 6) Bake meatballs for approximately 20 minutes, until done.