

## Nut Meatballs

MAKES 12 BALLS; 6 (2-MEATBALL) SERVINGS

Here's a healthy version of an Italian classic. Pecans add bulk, flavor, and texture. Our Chunky Marinara Sauce (page 216) with its hints of basil and garlic is the perfect partner to these savory meatballs and whole grain pasta. For extra flavor, use Toasted Pecans (page 207).

\* see below

1½ cups Morningstar Farms Grillers Recipe Crumbles, thawed, or other meatless burger crumbles

1½ teaspoons Bragg Liquid Aminos

1½ teaspoons extra-virgin olive oil

¼ cup chopped onion

¼ teaspoon garlic powder

⅛ teaspoon dried basil

½ teaspoon McKay's Beef-Style Instant Broth and Seasoning, Vegan

2 tablespoons gluten flour

2 tablespoons plus 2 teaspoons whole wheat flour

1½ teaspoons Red Star nutritional yeast flakes

2 tablespoons finely chopped pecans, walnuts, or almonds

Pinch sweet paprika

- Preheat the oven to 350°F. Spray a large baking pan with cooking spray. Marinate the crumbles in the Bragg Liquid Aminos and oil for 10 minutes. Add the remaining ingredients and mix together well. Divide into 2-tablespoon portions and shape into balls. Place in prepared baking pan, and cover with foil. Bake for 15 minutes; uncover, and bake for 5 minutes. Meatballs are done when firm yet springy.

### ANALYSIS FOR 1 SERVING:

2 balls with no sauce, made with pecans

Calories: 97, Fat: 3.8 g, Total carbohydrates: 6.5 g, Protein: 10.1 g,  
Dietary fiber: 1.7 g, Sodium: 124 mg, Net carbs: 4.8 g, Carb Choice: ½

\*I use Boca crumbles (they are vegan)  
I double the oil and nuts.