Meatless Nut Meatballs

INGREDIENTS

1 cup toasted almonds or walnuts

1 cup shredded Parmesan

2 large eggs

2 cloves garlic

2 TBS dried parsley

3 cups marinara sauce

½ cup panko breadcrumbs

Salt and freshly ground black pepper

1 TBS olive oil for sauteeing

DIRECTIONS

In a food processor, combine the nuts and garlic and pulse to a coarse crumb. Add the breadcrumbs, Parmesan, parsley, salt and a few turns of pepper and pulse to combine. Add the eggs and process until the mixture holds together in a ball. Roll 1 1/2 tablespoon-sized balls, packing just firmly enough so they hold together but not so much that they toughen. Put the balls on a plate or sheet of parchment paper. Warm the tomato sauce in a large pot over medium heat. Heat 1/4 inch of oil in a skillet over medium-high heat and cook the balls in batches, turning until they're golden brown on all sides, 7 to 10 minutes. Add the balls to the tomato sauce and let cook for about 10 minutes. Makes approximately 6 servings; 330 calories per serving.

Dietary Swaps: - For gluten-free meatballs, instead of breadcrumbs for the dry ingredient, use: Almond flour, Coconut flour, Rolled oats or Corn meal - For vegan meatballs, instead of using eggs as a binder, replace each egg with: ¼ cup avocado or 1 tablespoon flax or chia seeds plus 3 tablespoons boiling water, whisked together - Instead of cheese as a texture ingredient, use: Tofu, Cooked grains or rice, Ground nuts - For paleo meatballs, instead of a bean or soy base, use: Ground nuts or Sautéed mushrooms