

RED LENTIL BALLS

(from *Vegetarian Everyday* by David Frenkiel & Luise Vindahl)

from *The Cooks Next Door*

1 c. red lentils
1/2 red onion, finely chopped
2 cloves garlic, minced
3 Tbsp extra virgin olive oil
2 Tbsp tomato paste
1/3 c. rolled oats (use gluten-free, if needed)
1 tsp paprika (I used smoked paprika)
1/8 tsp cayenne pepper
sea salt to taste

Rinse the lentils and place in a saucepan with 2 1/4 cups cold water. Bring to a boil, then reduce the heat and simmer gently for 15 minutes or until tender. Drain well and cool slightly.

Mash the lentils with a fork. The consistency you want is mashed but still with some lentils left whole. Place in a mixing bowl, add the remaining ingredients and stir with a spoon until everything is combined. Place in the fridge for 30 minutes.

Preheat the oven to 375° F. Line a baking sheet with parchment paper. Form balls and place them on the baking sheet. Bake for 17-22 minutes. If you want, turn balls halfway through to get a more even shape and color.

Prepare pasta or veggie noodles and whatever sauce you want.