

# Spaghetti with Lentil Meatballs

## Ingredients:

- 1 tbsp. extra virgin olive oil
- ½ cup onion, chopped
- 3 garlic cloves
- 1 tsp. ground black pepper
- ½ tsp. Herb, oregano, leaf, dried
- 3 tbsp. brown sugar
- ¼ cup cashews
- 1 garlic clove
- 1 small onion, chopped
- 6 cups fresh tomatoes, chopped
- 1 ½ cup Lentils
- 2 tbsp. cornstarch
- 1 tbsp. low sodium soy sauce
- 1 tbsp. tomato paste, unsalted
- 1 tsp. extra virgin olive oil
- ½ cup water
- ½ cup bread crumbs
- 1 lb. whole wheat spaghetti noodles
- ½ tsp. salt



## Directions:

1. To make the sauce: Sauté onions in olive oil with a pinch of salt until translucent, about 5 minutes.
2. Add the garlic about a minute more, then mix in the black pepper, oregano, salt and brown sugar. Cook for about 2 minutes, until the sugar is melted.
3. Add the tomato sauce and cashews, cover and cook for about 20 minutes.
4. Now puree the sauce until smooth. Once it's smooth, keep warm in the pot until ready to use.
5. To make the mini meatballs: Use a food processor. First toss in the garlic and pulse until finely chopped. Now add the onion and pulse until minced.
6. With a plastic spatula, transfer the onion/garlic mixture to a mixing bowl and set aside.
7. Now in the food processor, pulse the lentils, soy sauce, tomato paste, olive oil and water. Once everything gets mixed well, puree them until totally smooth, scraping down the sides.
8. Combine this mixture with the onion mixture and add in the breadcrumbs. Mix really well with your hands for about 2 minutes.
9. Preheat oven to 350 degrees.
10. Roll the meatballs into cherry sized balls. Preheat a large skillet over medium heat and add olive oil. Pan fry in two batches.
11. Transfer all meatballs to the baking pan. Bake for 18 to 20 minutes, shaking the pan every once in awhile to toss the balls so that they cook evenly.
12. To assemble: Boil the pasta while the meatballs are cooking. Drain pasta, and add to the sauce. When meatballs are ready, add them to the sauce as well. Toss carefully with a wooden spoon.

## Nutrition Facts

Serving Size 1 1/2 cup (2 meatballs)  
(226g)  
Servings Per Container 10

Amount Per Serving

**Calories** 290      **Calories from Fat** 40

% Daily Value\*

**Total Fat** 4.5g      **7%**

    Saturated Fat 1g      **5%**

    Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 270mg      **11%**

**Total Carbohydrate** 56g      **19%**

    Dietary Fiber 10g      **40%**

    Sugars 10g

**Protein** 12g

Vitamin A 20%      •      Vitamin C 30%

Calcium 6%      •      Iron 20%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4