



## 1 QUICK RECIPE:

### YUMMY Lentil Meatballs

1 Cup Brown Lentils  
 2 TB Extra Virgin Olive Oil  
 1 Cup Minced Red Onion  
 ½ Cup Minced Celery  
 ½ Cup Minced Carrots  
 2 Grated Garlic Cloves  
 1 TB Dried Oregano  
 Pinch Red Pepper Flakes  
 2 TB Tomato Paste  
 Sea Salt and Freshly Ground Pepper  
 ½ Cup Chopped Toasted Walnuts  
 1 Large Egg  
 ¼ Cup Grated Parmesan Cheese  
 ¼ Cup Panko  
 Perfectly Easy Tomato Sauce, (recipe follows), OR your favorite pasta sauce  
 Chopped Parsley for Garnish

**Step One** Cook the lentils as the package describes, drain and set aside to cool

**Step Two** In a large saucepan, heat the olive oil and sauté the onions, celery and carrots for about 10 minutes or until soft. Add the garlic, spices and sprinkle of salt and pepper. Cook and stir for about 1

minute, add the tomato paste and cook for another minute.

#### Step Three

Preheat the oven to 400F. Remove the pan from the heat and add in the walnuts and cooled lentils. Fold in the egg, cheese and panko. Place in the fridge for about 30 minutes until the mixture firms up.

**Step Four** Using your hands, (and gloves if you'd like), form the mixture into golf ball or smaller balls. Don't pack the balls, just make sure they hold their shape. Place on a parchment lined sheet tray and bake for 30 minutes or until meatballs are browned on the outside.



onion with the Italian Seasoning over medium heat until soft about 5 minutes. Add the garlic clove and cook and stir until fragrant, about 1 minute. Add the wine and simmer for 5 minutes

**Step Two** Add the tomatoes, oregano and a healthy sprinkle of salt and pepper, cook over medium heat for 20 - 30 minutes, or until the sauce thickens.

## 2 KITCHEN SCOOP

### Perfectly Easy Tomato Sauce

2 TB Olive Oil  
 2 Cups Chopped Red Onion  
 1 TB Italian Seasoning  
 1 Grated Garlic Clove  
 1 Cup White Wine or Veggie Broth  
 1 Can (28 oz) Fire Roasted Crushed Tomatoes  
 Sea Salt and Freshly Ground Pepper

**Step One** Preheat the oven to 350F. Heat the oil in a sauté pan and cook the

Tomato Sauce sings with a glass of Chianti! And this this ruby red quaffer bottle is a delicious value to enjoy on a weeknight. You'll taste the flavors of red cherries and plums with warm baking spices like cinnamon and cloves. The word "Classico" on the label means that grapes are grown and the wine is made in the original area designated for wines made with the Sangiovese grape.



Make sure to use brown lentils for this recipe. They will get soft when cooked, but still return their shape when making the no-meat meatballs.

## 4 CHEERS!

**Banfi Chianti Classico**  
 Tuscany Italy

About \$13.00