

Baked Greek Lentil Meatballs with Tzatziki

4 servings

Meatballs

1 1/2 cups cooked brown/ green lentils

1/2 red onion – finely chopped

3/4 cup bread crumbs

1/4 cup fresh chopped mint

1/4 cup fresh chopped parsley

2 Tbsp tomato paste

1 egg

3/4 tsp salt

black pepper to taste

1/2 tsp paprika

1/2 tsp oregano

1 tsp soy sauce

Juice of 1/2 lemon

Add all ingredients to a food processor, partially blend until combined – leave some texture.

Roll out meatballs onto a sheet pan lined with parchment

Bake at 425 F for 30 – 35 min

Tzatziki

1/2 cup plain yogurt

1/4 cup shredded cucumber (liquid squeezed out)

juice from 1/2 lemon

pinch of salt

pinch black pepper

1 garlic clove minced

1/4 cup chopped dill

Mix together