

## MEATLESS MEATBALLS WITH MUSHROOMS

These mushroom meatballs are made the same way as traditional meatballs and can be served in a sauce over pasta, sauteed garlicky greens, or in this recipe a Convection meal with roasted vegetables mixed with quinoa.

### Ingredients

- 1 lb white mushrooms, finely chopped
- ¼ teaspoon salt
- 1 tablespoon butter
- 1 small yellow onion, minced
- 4 cloves garlic, minced
- ¼ cup grated Parmesan cheese
- 2 large eggs
- 1 teaspoon salt
- Ground pepper to taste
- ⅛ teaspoon cayenne pepper
- ½ teaspoon dried oregano
- ½ teaspoon dried thyme
- 1 tablespoon olive or vegetable oil
- ¾ cup fine breadcrumbs
- ¼ cup chopped Italian parsley

### Preparation

Heat the oil in a large skillet or saute pan over moderate heat. Add the mushrooms, sprinkle with the salt, and cook, occasionally stirring until the liquid has evaporated, about 10 - 15 minutes.

Add the butter to the pan, stir in the onions, and cook for another 5 minutes to soften before stirring in the garlic. Remove from the heat and stir in the Parmesan cheese.

Add the remaining ingredients and using a large ice cream scoop or a couple of tablespoons form into meatball-sized patties and place onto a parchment-lined rimmed baking sheet.



Preheat the oven to Convection Bake or Convection Roast at 375 degrees and bake for 15 minutes until browned.

Serves 4

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