

Walnut Meatless Meatballs

INGREDIENTS

1 tablespoon olive oil
1/4 cup minced onion
1 teaspoon minced garlic
1 tablespoon tomato paste
1/2 cup walnuts, chopped
1/4 cup cooked brown rice
1/4 cup chopped roasted red peppers
1/4 cup panko breadcrumbs
1/4 cup Parmesan cheese
1 tablespoon Italian seasoning
2 tablespoons chopped Italian parsley
1 egg, beaten

Walnut Pesto or Muhammara Sauce

PREPARATION

Preheat oven to 375°F and line a baking sheet with parchment paper.

Heat oil in a small skillet over medium heat. Add onion and garlic and sauté for 1 minute. Add tomato paste and cook for 1 minute more.

Transfer to a food processor with walnuts, rice, roasted red peppers, breadcrumbs, Parmesan, parsley, Italian seasoning, and egg. Pulse until combined, but not mushy.

Form into 8 equal balls and place on prepared baking sheet. Cook for 12 minutes or until firm to the touch. Serve with California Walnut Pesto or Muhammara Sauce.

Vegan Creamy California Walnut Pesto Sauce

INGREDIENTS

Onion Cream

2 each onions, sweet
2 tablespoons plus 1 cup vegetable oil
1/2 teaspoon salt, kosher
1/4 teaspoon black pepper
2 tablespoons lemon juice

Pesto

3/4 cup walnuts, roasted, chopped
2 cups basil, fresh, de-stemmed
1/2 cup extra virgin olive oil

1 tablespoon garlic, fresh, minced
2 tablespoons nutritional yeast flakes
1 tablespoon lemon juice
½ teaspoon salt, kosher
1 cup Onion “Cream”

PREPARATION

Onion Cream

Preheat oven to 400°F.

Coat each onion, skin on, with 1 tablespoon of vegetable oil and season with salt and pepper.

Place in the oven for 45 minutes, or until onions are very tender.

Remove from the oven and remove the skins and root from the onion.

Place in a blender and puree with lemon juice and remaining vegetable oil until smooth.

Add more oil until desired consistency is met.

Reserve until ready to use.

Pesto

Combine all ingredients in a food processor and pulse until walnuts are the size of a grain of rice.

Transfer to a large mixing bowl and whisk in Onion “Cream.”

Reserve under refrigeration until ready to use.