



Mushroom Meatballs

Prep: 20 minutes plus chilling

Bake: 15 minutes • Serves: 10

- 4 tablespoons vegetable oil
- 1 package (10 ounces) whole baby bella (cremini) mushrooms, sliced
- 1 package (8 ounces) whole white mushrooms, sliced
- 1 large egg
- 1 cup quick cooking oats
- 1 package (2.25 ounces) chopped walnuts (about ½ cup)
- ½ cup grated Parmesan cheese
- ½ small onion, finely chopped (about ¼ cup)
- 2 tablespoons chopped fresh Italian flat-leaf parsley leaves
- 2 tablespoons less-sodium soy sauce
- 3 garlic cloves, minced
- 1 teaspoon dried thyme
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- Nonstick cooking spray

1. In large skillet, heat 2 tablespoons oil over medium-high heat. Add mushrooms and cook 12 to 14 minutes or until mushrooms are tender and golden brown; cool slightly and chop to ¼-inch chunks.

2. In large bowl, whisk egg. Add oats, walnuts, cheese, onion, parsley, soy sauce, garlic, thyme, salt, pepper, mushrooms and remaining 2 tablespoons oil; gently mix until well combined. Cover with plastic wrap; refrigerate 20 minutes.

3. Preheat oven to 425°. Line rimmed baking pan with aluminum foil; spray with cooking spray. Form mushroom mixture into 1½-inch meatballs; place 1 inch apart on prepared pan. Bake 15 to 17 minutes or until golden brown, turning once halfway through cooking. Makes about 20 meatballs.

*Approximate nutritional values per serving:
168 Calories, 11g Fat (2g Saturated),
23mg Cholesterol, 312mg Sodium,
10g Carbohydrate, 2g Fiber, 7g Protein*

Dietitian's Dish

> Dip lightly in condiments or choose some that have less fat to reduce calories. Purée roasted sweet peppers for a simple dip with a nutrient boost.