



QUINOA/CASHEW CHEESE BALLS

Yields: approx. 18 – 1” balls | **Serving Size:** 3 quinoa balls | **Calories per serving:** 209

Prep Time: approx. 15 mins. | **Total Time:** 1 hr. 10 mins.

INGREDIENTS

- 1 c. Red Quinoa
- ½ c. Cashew cheese (see recipe card)
- 1 Flax “egg”
- 2 TBSP Extra virgin olive oil (EVOO) + extra to brush balls before baking
- 1 Small sweet yellow onion
- 2 - 3 Med/large fresh garlic cloves
- 5 Large fresh basil leaves
- 2 Peels of fresh lemon zest
- Pinch Sea salt

DIRECTIONS

Start by cooking quinoa according to directions (typically 1 c. quinoa to 1.25 c. water, bring to boil, turn down to simmer about 15 mins or until water absorbed).

While quinoa is cooking, make the cashew cheese (see recipe card).

Make a flax “egg” by either grinding golden flaxseeds in coffee grinder or use already ground – 1 TBSP ground flax mixed with 3 TBSP filtered water. Set in fridge and let it form into an egg like gel, about 5 mins.

Once quinoa is cooked, set aside and dice onion, then crush garlic well (mortar and pestle works well), roll basil leaves, slice into ribbons and add in with garlic along with 1 TBSP of EVOO and finish grinding. Zest your lemon.

Start by sautéing onion on low/med heat in skillet on stove. Add garlic, basil and olive oil mixture. Sauté about a minute or two more (don’t burn garlic). Combine the sautéed mixture with 1 cup cooked quinoa, lemon zest, ½ c. cashew cheese, flax egg, a pinch of salt and mix well. Let stand a few minutes.

Form into meatballs. Place on lined or greased baking sheet. Let set in fridge for about 30 minutes or until ready to bake.

Preheat oven to 400°. Brush with olive oil prior to baking. Bake for 20 – 25 minutes or until slightly crisp and browned on outside (time may vary depending on altitude).

Nutrition Facts

Servings 6.0

Amount Per Serving

calories 210

% Daily Value *

Total Fat 10 g **15 %**

Saturated Fat 1 g **5 %**

Monounsaturated Fat 5 g

Polyunsaturated Fat 1 g

Trans Fat 0 g

Cholesterol 0 mg **0 %**

Sodium 21 mg **1 %**

Potassium 122 mg **3 %**

Total

Carbohydrate 27 g **9 %**

Dietary Fiber 4 g **16 %**

Sugars 3 g

Protein 6 g **12 %**

Vitamin A **7 %**

Vitamin C **13 %**

Calcium **10 %**

Iron **10 %**

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.