

Lentil and TVP Veggie Balls



Discover an affordable and tasty way to add plant-based proteins to your menu! Carefully developed by our [dietitians](#), these veggie balls are higher in fibre and lower in fat than the traditional meat version. The combination of lentils and [TVP](#) creates a filling meal, enhanced by the freshness of the herbs, the mildness of the feta, and the creaminess of the yogurt-tahini sauce. To round out the meal, serve them with a fresh salad, like [our marinated cucumber salad](#).

Preparation 20 min

Cooking 25 min

Servings 4

Nutrition Facts (per serving)

Calories 320

Fat 8

Carbohydrates 33

Fibre 9

Protein 30

Sodium 260

Ingredients

Veggie Balls

- 1 can (540 ml) brown or green lentils, rinsed and drained*
- 250 ml (1 cup) dry textured vegetable protein (TVP)
- 60 ml (¼ cup) milk or soy beverage
- ½ red onion, very finely chopped
- 80 ml (⅓ cup) light feta cheese, crumbled
- 1 large egg
- 80 ml (⅓ cup) fresh herb mixture (mint, parsley, basil), finely chopped
- 2.5 ml (½ tsp) ground cumin
- Salt and freshly cracked pepper, to taste

Sauce

- 180 ml (¾ cup) 0% M.F. Greek yogurt
- 30 ml (2 tbsp) tahini (sesame butter)
- 15 ml (1 tbsp / juice of ½ lemon) lemon juice
- 1 clove garlic (5 ml / 1 tsp), minced
- 30 ml (2 tbsp) fresh herb mixture (mint, parsley, basil), chopped
- A pinch of salt
- Water, as needed (to adjust consistency)

Preparation

1. Preheat the oven to 200°C (400°F) and line a baking sheet with parchment paper.
2. In a large bowl, coarsely mash the lentils with a fork or potato masher, keeping some texture.
3. Incorporate the TVP, milk (or soy beverage), red onion, feta, egg, fresh herbs, cumin, salt, and pepper. Mix well with your hands.
4. Shape the mixture into golf ball-sized meatballs and place them on the baking sheet. Spray or brush with a little olive oil if desired.
5. Bake for 25 to 30 minutes, flipping halfway through, until firm and golden brown.
6. While the meatballs are baking, prepare the sauce by mixing the Greek yogurt, tahini, lemon juice, garlic, fresh herbs, and salt in a small bowl. Add a light drizzle of water if needed to adjust the texture.
7. Serve the meatballs hot over the yogurt-tahini sauce, accompanied by roasted vegetables or a salad.

Notes

Keeps for 4-5 days in the refrigerator or 3 months in the freezer.

***Variation:** You can easily swap the lentils for the same amount of canned chickpeas or kidney beans, rinsed and drained.

****Air Fryer Cooking:** Cook the veggie balls at 200°C (400°F) for 20 minutes for an even crispier exterior.



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