

ISLAND GROWN

HARVEST ^{OF} THE MONTH

- July -

MUSHROOMS

MUSHROOM WALNUT 'MEAT' BALLS

**4 oz (about 1 cup chopped)
crimini, portobello, or button
mushrooms**

1 cup raw walnuts

1/3 cup cooked brown rice

1/4 cup raw rolled oats

**1/4 cup fresh parsley, loosely
packed**

1 garlic clove, minced

2 tbl nutritional yeast

1 tsp sea salt

Place walnuts in food processor and pulse until finely ground. Transfer to a medium bowl and set aside.

Then process mushrooms until chopped and add to the bowl of walnuts. Set aside.

Place remaining ingredients in the food processor and pulse just until combined. Add mixture to the bowl of mushrooms and walnuts and mix with a spoon or by hand. Roll into balls and cook in an oiled skillet on medium/high heat until heated through, browning all sides.

Enjoy as is or over pasta/zoodles with your favorite pesto or red sauce.

Recipe by Gabrielle Chronister



For more information visit

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