

# Tofu neatballs

Try tofu neatballs tonight for a high protein alternative to the traditional meatball. Serve warm on a bowl of pasta, or in a whole wheat bun for a “meatball” sub.

Yield: 15 - 20 balls  
Prep time: 7 minutes  
Cook time: 20 minutes

## Ingredients

- 1 lb extra firm tofu, crumbled
- 2 tbsp soy sauce
- 1 tsp mirin
- 3 cloves garlic, minced
- 3/4 cup whole grain bread crumbs
- 1/3 cup freshly grated Parmesan cheese
- 1/4 cup chopped, fresh sage
- 1 tsp dried oregano
- 1 tsp basil
- 2 eggs, lightly beaten
- 2 tbsp flax seeds, ground
- 6 tbsp water
- 2 tbsp olive oil

## Directions

1. In a bowl, mix together tofu, soy sauce, mirin and garlic; let stand for 5 minutes.
2. Stir in bread crumbs, cheese, sage, oregano, basil and eggs.
3. Add water to ground flax. Wait 2 minutes. Add to mixture.
4. Shape heaping tablespoons into tightly packed balls.
5. Bake in preheated 350 degree oven for 10 minutes. Use cookie sheet lined with parchment paper. For crispy texture follow step 6.
6. In a large skillet, heat oil over a medium-high heat; brown balls on all sides, about 10 minutes.

## GrainFact:

Since 1981, 28% less energy has been used to plant, grow, and harvest soybeans.



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