Lentil & Turkey Meatballs with Romesco Sauce over Roasted Butternut Squash

Serves 6-8

Ingredients for Butternut squash

1 medium	Butternut Squash, cut in half length-wise & seeded
2 tsp	Turmeric
To taste	Celtic or Redmond Real Salt and Pepper

Equipment

- Chef's Knife
- Sheet Trays
- Stockpot
- Food Processor
- Measuring Cup
- Spatulas
- Wooden Spoon
- Mixing Bowls
- Potato Masher
- Parchment Paper

Directions

1. Preheat the oven to 400° F.
2. Place squash on a parchment-lined baking sheet, skin side up.
3. Bake in oven for about 30-45 minutes until cooked through and tender. Let cool slightly and remove flesh from the skins.
4. Add turmeric, mash, and season with Celtic or Redmond Real Salt and pepper.

Ingredients for Meatballs

1 ½ cups	Water
½ cup	Lentils, any kind, sorted & rinsed
1 tsp each	Chili Powder, Basil, Oregano and Cinnamon
1 tsp	Red Pepper Flakes
2	Garlic Cloves, finely minced
¼ cup	Carrots, finely chopped
1 cup	Onion, minced
½ cup	Parsley, Cilantro, or Arugula or mixture of each, minced
1 lb.	Turkey, ground
½ cup	Parmesan Cheese, finely grated
1	Egg
To taste and Pepper	Celtic or Redmond Real Salt

Directions

1. In a stockpot, combine water, lentils, spices, herbs, chili flakes and garlic. Bring to a boil, cover and reduce heat. Let simmer over medium-low heat for 20 minutes.
2. After lentils have cooked for 20 minutes, uncover, add Celtic or Redmond Real Salt, carrots and onion and continue to cook until lentils are tender and all liquid is gone.
3. Mix ground turkey into a large bowl with Parmesan cheese, egg, and black pepper.
4. When lentils are done, add to ground turkey and mix together thoroughly. Shape lentil and turkey mixture into balls and spoon onto a parchment-lined baking sheet

Copyright © 2005 Kitchen on Fire LLC
www.kitchenonfire.com

Lentil & Turkey Meatballs with Romesco Sauce over Roasted Butternut Squash

Serves 6-8

5. Bake for about 15-20 minutes or until lightly browned and crispy on the outside.

Ingredients for Romesco Sauce

½ cup	Hazelnuts, toasted
2 cloves	Garlic, peeled & trimmed
2 large	Red Bell Peppers, sliced, roasted & peeled
½ cup	Fire roasted diced Tomatoes
½ Tbsp	Chili Powder
1 tsp	Smoked Paprika
1 Tbsp	Oregano
2 Tbsp	Red Wine Vinegar
¾ cup	Olive Oil
To taste	Celtic or Redmond Real Salt and Pepper

Directions

Place hazelnuts and the next seven ingredients into a food processor and pulse until ingredients are well incorporated. Turn on food processor and slowly pour in the olive oil until sauce is smooth. Season with Celtic or Redmond Real Salt and pepper to taste.

Copyright © 2005 Kitchen on Fire LLC
www.kitchenonfire.com