



Greenwheat Freekeh™ Vegetarian Meatballs

Yield: 24 meatballs

Ingredients

2 c. water
Salt, as needed
8 oz. InHarvest Greenwheat Freekeh™
2 T. olive oil
¼ c. chopped shallot
2 T. minced garlic
1½ t. dried oregano
1 t. kosher salt
½ c. chopped Italian parsley
4 eggs
1 c. grated Parmesan
1½ c. panko breadcrumbs
½ c. vegetable stock

Directions

1. Bring lightly salted water to a boil. Add InHarvest Greenwheat Freekeh. Cover and simmer for 20 minutes.
2. Lay the cooked freekeh out on a sheet pan. Place the sheet pan in a walk-in or cooler until the freekeh is chilled.
3. In a pan, heat the olive oil. Sauté the shallot and garlic. Stir in the oregano.
4. In a large bowl, combine the chilled freekeh with the sautéed shallot and garlic and remaining ingredients. Mix well. Chill for at least 1 hour.
5. Using a ¼ c. scoop, form 1½ oz. meatballs, compressing tightly.
6. Bake until lightly browned.