

Meatballs:

Tofu-Walnut Balls

2 – 16 oz. bricks of tofu
1 cup water
¼ cup Braggs Liquid Aminos
4 cups soft bread crumbs
1 cup finely diced onions
1 ½ cup finely chopped walnuts (I often use pecans)
1 cup quick oats
1 t. sage
½ t. garlic powder
1 t. onion powder
1 t. vege-sal (or other herbed seasoned salt)
1 t. basil
1 T. chicken style seasoning

Place bread crumbs, walnuts, oatmeal, onions and seasonings in a large bowl. Blend tofu with water and Liquid Aminos in blender; add to the dry ingredients and mix well. Form into balls and place on a non-stick or sprayed cooking sheet (I put parchment paper on the pan). Bake at 350 degrees for 30 minutes or until lightly brown on top and bottom. Add whatever sauce you like- BBQ sauce/Spaghetti sauce and heat through.