Smoky Tomato-Almond "Cheese" Ball

Source: The Cheese Trap by Neal Barnard, MD; recipe by Dreena Burton

This "cheese" ball makes a great appetizer for a special occasion!

About the Recipe

327 Calories · 12 g Protein · 8 g Fiber
Snack

Ingredients

Makes 6 Servings

- 2 cups almonds, soaked
- 1/3 cup sun-dried tomatoes
- 3 tbsp. freshly squeezed lemon juice
- 2 tbsp. chickpea miso or other mild miso
- 1 1/2 tbsp. natural ketchup
- 2 tsp. smoked paprika
- 1 tsp. fresh rosemary leaves
- 1/2 tsp. garlic powder
- 1/2 tsp. sea salt
- 3 tbsp. finely chopped raw or toasted almonds or pumpkin seeds for coating
- 1-2 tbsp. chopped fresh chives for coating
- 1 pinch sea salt for coating

Directions

1. In a food processor, pulse the almonds until crumbly. Add the remaining cheese ball ingredients (excluding the ingredients for the coating) and process until the mixture becomes sticky and forms a mound on the blade. If the mixture isn't coming together, add a teaspoon or two of water, as the almonds may be dry.

Transfer to a container and refrigerate for one hour.

2. Combine the coating ingredients on a sheet of parchment paper. Form the cheese mixture into a ball with your hands (you can lightly oil your hands to make it easier), and gently roll around the parchment paper to pick up the coating. Return to the refrigerator in a covered container until ready to use. Keep in the refrigerator for up to one week.
3. Sun-Dried Tomato Note: If using prepackaged sun-dried tomatoes that are dry, reconstitute in a bowl of boiled water for 5-10 minutes, then drain and pat dry.

Nutrition Facts

Per serving (1/6 of recipe)

Calories: 327
Protein: 12 g
Carbohydrate: 17 g
Sugar: 5 g
Total Fat: 26 g
    Calories from Fat: 67%
Fiber: 8 g
Sodium: 559 mg