

Sweet & Sour Meatballs

Makes: 36 servings



Total Time: 1 hour

Ingredients:

- ♥ 1 20-ounce can pineapple chunks
- ♥ 3 tablespoons rice vinegar
- ♥ 2 tablespoons ketchup
- ♥ 2 tablespoons reduced-sodium soy sauce
- ♥ 1 tablespoon brown sugar
- ♥ 2 teaspoons cornstarch
- ♥ ¼ teaspoon crushed red pepper
- ♥ 1 large egg
- ♥ 1 medium carrot, shredded
- ♥ ¼ cup finely chopped scallion whites
- ♥ 2 tablespoons Chinese five-spice powder
- ♥ ¾ teaspoon salt
- ♥ 8 ounces ground turkey breast
- ♥ 8 ounces ground pork
- ♥ 2 teaspoons canola oil
- ♥ 1 large red bell pepper, cut into 1-inch pieces
- ♥ ½ sliced scallion greens

PREPARATION

1. Preheat oven to 450°F. Line a baking sheet with foil and coat with cooking spray.
2. Drain pineapple juice into a small bowl. Whisk in vinegar, ketchup, soy sauce, brown sugar, cornstarch and crushed red pepper. Set aside.
3. Finely chop enough pineapple to yield ½ cup. Press out excess moisture with paper towels. Reserve the remaining pineapple chunks for the sauce.
4. Lightly beat egg in a large bowl. Stir carrot, scallion whites, ginger, five-spice powder, salt and the finely chopped pineapple. Add turkey and pork; gently mix to combine (do not overmix). Using a scant 1 tablespoon each, make 36 small meatballs. Bake on the prepared baking sheet until just cooked through, about 15 minutes.

Nutrition: 1 skewer: 37 calories; 1g fat (0g saturated fat); 4g carbohydrates; 3g protein; 0g fiber; 100mg sodium



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