



Saucy Apricot N' Spice Meatballs

INGREDIENTS:

½ c soft bread crumbs
2 T. skim milk
1 egg white
¼ c finely chopped onion
¼ c finely chopped dried apricots
½ t salt
1 clove garlic, minced
¼ t chili powder
6 oz lean ground pork
6 oz lean ground turkey breast

PREPARATION:

- Preheat oven to 350°F.
- Line baking sheet with foil. Set aside.
- In a bowl, combine bread crumbs and milk.
- Let stand for 5 minutes. Stir in egg white, onion, apricots, salt, garlic, and chili powder.
- Add ground pork and turkey; mix well.
- Shape meat mixture into 24 meatballs.
- Place meatballs in the prepared pan.
- Bake for 15 to 20 minutes or until 165°F.
- Drain on paper towels if necessary.
- In the mean time, prepare sauce; toss meatballs gently to coat.

SAUCE:

- In a small saucepan, combine ½ c apricot nectar, 1 t cornstarch, ¼ t ancho chili powder, 1/8 t salt, and 1/8 t ground nutmeg.
- Cook and stir over medium heat until thick and bubbly.
- Cook and stir 1 minute more.

Yield: 24 meatballs

Number of servings: 1 meatball

Calories per serving: 65

Fat grams per serving: 4

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