

Sweet and Spicy Meatballs

Yield: 36 meatballs; Serving is 4 meatballs

Meatballs:

1-2 tsp. oil
¼ cup chopped onion
1 lb. lean ground beef
1/3 cup fine, dry bread crumbs
¼ cup chopped parsley
1/8 tsp. nutmeg
¼ cup milk/milk substitute
1 egg white, beaten

Sauce:

½ cup cranberries, finely chopped
2 tsp. dry mustard
1/8 tsp. cayenne pepper (optional)
½ cup grape jelly
1 tsp. lemon juice

- Preheat oven to 375°F.
- Heat oil in saucepan.
- Add onion and sauté until tender; remove and transfer to bowl.
- Combine onion with next 6 ingredients in a bowl. Shape into 36 1-inch balls.
- Place meatballs on a baking sheet with sides that has been coated with cooking spray or oil.
- Bake for 18 minutes.
- Make Sauce:
- Combine the cranberries and remaining ingredients in a small saucepan.
- Cook over medium heat until thoroughly heated.
- Place meatballs in a serving bowl and pour the sauce over.

Adapted From: Foods for Life cookbook

Nutrition for 4 meatballs: 18g protein, 252mg sodium, 298mg potassium, 178mg phosphorus