

## Sweet & Saucy Meatballs

*These meatballs are made with lean ground turkey and a tasty fruit glaze. It might be a good idea to double the recipe—these will be sure to disappear!*

PREP TIME: 20 MINUTES    BAKE TIME: 30 MINUTES

### Meatballs

- 1/4 cup chopped onion
- 1 package (1 1/4 pounds) 93% lean ground turkey
- 1 egg white
- 1/4 cup seasoned dry bread crumbs
- 1 teaspoon dried thyme leaves
- 1 garlic clove, pressed
- 1/2 teaspoon salt

### Sauce

- 1 can (8 ounces) jellied cranberry sauce
- 1/4 cup ketchup
- 1/4 cup orange marmalade
- 2 tablespoons packed brown sugar
- 1 tablespoon Worcestershire sauce

1. Preheat oven to 400°F. Chop onion using **Food Chopper**. In **Classic Batter Bowl**, combine turkey, onion, egg white, bread crumbs, thyme, garlic pressed with **Garlic Press** and salt; mix gently but thoroughly.
2. Using **Small Scoop**, shape meat mixture into balls; place in a single layer over bottom of **Deep Dish Baker**. Bake 15 minutes; drain.
3. Meanwhile, in **Small Batter Bowl**, combine cranberry sauce, ketchup, marmalade, brown sugar and Worcestershire sauce; mix well. Pour sauce over meatballs; mix gently to coat meatballs evenly. Return to oven; continue baking 15 minutes. Stir gently before serving.

Yield: 10 servings (about 40 meatballs)

Nutrients per serving (4 meatballs): Calories 170 (19% from fat), Total Fat 3.5 g, Saturated Fat 1 g, Cholesterol 35 mg, Carbohydrate 23 g, Protein 12 g, Sodium 340 mg, Fiber less than 1 g

Diabetic exchanges per serving (4 meatballs): 1 1/2 starch, 1 low-fat meat (1 1/2 carb)



### COOK'S TIPS

To make ahead, prepare meatballs as directed. Bake 25 minutes without sauce. Cool and place in resealable plastic freezer bag for up to 1 month. To reheat, thaw overnight in the refrigerator. Remove from bag and place in baker. Prepare sauce; pour over meatballs and mix gently. Bake at 400°F for 15 minutes or until heated through. Stir gently.

Jellied cranberry sauce is sold in 8- and 16-ounce cans and can be found in the canned goods section of the grocery store. Be sure to buy jellied cranberry sauce, not whole berry cranberry sauce, for this recipe.

This recipe can be easily doubled and prepared in the **Rectangular Baker**.