

Tangy Sweet-and-Sour Meatballs II

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Servings: 6

*1 can (20 ounce) pineapple
chunks in juice
1/4 cup water
3 tablespoons vinegar
1 tablespoon soy sauce
1/2 cup packed brown
sugar
3 tablespoons cornstarch
30 (about 15 ounces)
frozen, fully-cooked Italian
meatballs
1 large green pepper, cut
into one-inch pieces
hot cooked rice*

Drain the pineapple reserving the juice. Set the pineapple aside. Add water to the juice if needed to measure one cup. Pour into a large skillet.

Add 1/3 cup of water, vinegar, soy sauce, brown sugar and the cornstarch. Stir until smooth. Cook over medium heat until thick, stirring constantly.

Add the pineapple, meatballs and the green pepper. Simmer, uncovered, until heated through, about 20 minutes.

Serve with rice.

Per Serving (excluding unknown items): 117 Calories; trace Fat (0.5% calories from fat); 1g Protein; 30g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 180mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1/2 Fruit; 1 Other Carbohydrates.