

Tangy Sweet-and-Sour Meatballs

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Servings: 6

*1 can (20 ounce) pineapple
chunks in juice
1/2 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 peppere, 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 the juice into a skillet. Add 1/3 cup of water, vinegar, soy sauce, brown sugar and cornstarch. Stir until smooth.

Cook over medium heat until thick, stirring constantly. Add the pineapple, meatballs and green pepper.

Simmer, uncovered, until heated through, about 20 minutes.

Serve with rice.

Per Serving (excluding unknown items): 112 Calories; trace Fat (0.3% calories from fat); trace Protein; 29g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 180mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1/2 Fruit; 1 Other Carbohydrates.