

Tropical Glazed Turkey Meatballs

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Servings: 5

*1 pound ground turkey
1/2 cup chopped onion,
divided
1 egg
3/4 teaspoon cinnamon,
divided
fine bread crumbs
1/2 cup pineapple
preserves
1/2 cup orange marmalade
1/2 teaspoon ground
nutmeg*

In a bowl, combine the turkey, onion, egg and 1/4 teaspoon of cinnamon. Add some fine bread crumbs to hold together and shape into twenty meatballs.

In a skillet in oil, cook the meatballs for 2 to 4 minutes while turning frequently.

In a bowl, blend the remaining onion, nutmeg, cinnamon and marmalade. Add to the skillet and stir to coat the meatballs.

Cover and cook over low heat for 10 minutes or until the turkey is no longer pink in the center.

Serve over rice, noodles or couscous.

This recipe is good for a party buffet. Can be made ahead and reheated. If the recipe is doubled, retain the original amount of spices; do not double.

Per Serving (excluding unknown items): 237 Calories; 9g Fat (32.4% calories from fat); 17g Protein; 23g Carbohydrate; 2g Dietary Fiber; 114mg Cholesterol; 118mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 0 Fat; 1 1/2 Other Carbohydrates.