

Sweet-&-Sour Meatballs



Makes 36 servings

Active time: **1 hour**

Total time: **1 hour**

These bite-size sweet-and-sour meatballs, drizzled with a pineapple- and soy-based sauce, make a great appetizer. Shredded carrot and finely diced pineapple keep the meatballs moist, while fresh ginger and Chinese five-spice powder amp up the flavor.

Ingredients

- 1 20-ounce can pineapple chunks
- 3 tablespoons rice vinegar
- 2 tablespoons ketchup
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon brown sugar
- 2 teaspoons cornstarch
- ¼ teaspoon crushed red pepper
- 1 large egg
- 1 medium carrot
- ¼ cup finely chopped scallion whites
- 2 tablespoons minced fresh ginger
- 1½ teaspoons Chinese five-spice powder
- ¾ teaspoon salt
- 8 ounces ground turkey breast
- 8 ounces ground pork
- 2 teaspoons canola oil
- 1 large red bell pepper
- ½ cup sliced scallion greens

Preparation

1. Preheat oven to 450°F. Line a baking sheet with foil and coat with cooking spray.
2. Drain pineapple juice into a small bowl. Whisk in vinegar, ketchup, soy sauce, brown sugar, cornstarch and crushed red pepper. Set aside.
3. Finely chop enough pineapple to yield 1/2 cup. Press out excess moisture with paper towels. Reserve the remaining pineapple chunks for the sauce.
4. Lightly beat egg in a large bowl. Stir in carrot, scallion whites, ginger, five-spice powder, salt and the finely chopped pineapple. Add turkey and pork; gently mix to combine (do not overmix). Using a scant 1 tablespoon each, make 36 small meatballs. Bake on the prepared baking sheet until just cooked through, about 15 minutes.
5. Heat oil in a large skillet over medium heat. Add bell pepper and cook for 1 minute. Whisk the reserved juice mixture and add to the pan. Bring to a boil and cook, stirring, for 1 minute. Stir in the remaining pineapple and the cooked meatballs.
6. To serve, thread a meatball and a piece of pineapple and/or pepper onto a small skewer or toothpick. Transfer to a platter, drizzle with sauce and sprinkle with scallion greens.

Tips & Notes

People with celiac disease or gluten-sensitivity should use soy sauces that are labeled "gluten-free," as soy sauce may contain wheat or other gluten-containing sweeteners and flavors.

Freeze cooked meatballs in sauce airtight for up to 3 months. Defrost before reheating.

36 short skewers or toothpicks

Nutrition

Per serving: 37 calories; 4 g carbohydrates; 1 g fat (0 g sat, g mono); 3 g protein; 12 mg cholesterol; 0 g dietary fiber; 76 mg potassium; 101 mg sodium.