



Turkey Meatballs

With Cranberry Glaze

These meatballs are tender with a touch of apple and sage. The cranberry, orange, and ginger sauce is a perfect festive and seasonal compliment.

Makes 4 to 6 Servings

Ingredients

1.25 lb ground turkey
1 cup peeled and shredded tart apple
¼ cup panko bread crumbs
1 large egg, lightly beaten
2 green onions, finely chopped
2 cloves garlic, minced
½ tbsp finely chopped fresh sage
½ tsp salt
¼ tsp black pepper
1 tbsp vegetable oil

For Cranberry Glaze:

¼ cup water
2 cups fresh or frozen cranberries
½ cup orange juice
1/3 cup packed brown sugar
2 tbsp pure maple syrup
1 tbsp finely chopped fresh ginger
½ tsp dry mustard

Steps

1. Preheat oven to 450°F.
2. In a mixing bowl, combine apple, panko, egg, green onions, garlic, sage, salt, and pepper. Gently stir until evenly combined. Add ground turkey and mix with your hands until just evenly combined. Don't over-work the meat.
3. Coat the bottom of an oven-safe pan with oil. Form the meat mixture into 1-inch balls. (A slightly heaping ½ tbsp scoop makes the appropriate-sized meatballs.) Arrange the meatballs in the pan.
4. Cook meatballs until they reach an internal temperature of 165°F (14 to 18 minutes).
5. While meatballs are cooking, prepare the cranberry glaze. In a saucepan, combine all ingredients. Cook over medium heat, stirring occasionally, for about 10 minutes or until cranberries burst. Transfer mixture to a blender. Cover and blend until nearly smooth. If needed, thin with additional orange juice.
6. Serve meatballs with cranberry glaze on the side, or tossed in glaze. For the latter, return the blended glaze to the saucepan and add cooked meatballs. Toss to coat then transfer meatballs to a serving platter.

Nutrition Information

339 Calories | 27.9g Carbohydrates | 14g Fat | 2.5g Saturated Fat | 2.9g Fibre | 28.1g Protein | 344mg Sodium | 19.2g Sugar

Source: www.simpleseasonal.com | www.forksoverknives.com