

Turkey Meatballs with Cranberry BBQ Sauce Recipe

- 600g extra lean turkey breast mince
- 1 can (450g) jellied cranberry sauce
- 1/2 cup barbecue sauce
- 1 egg white
- 1 spring onion, sliced
- 2 teaspoons grated orange peel
- 1 teaspoon reduced-sodium soy sauce
- 1/4 teaspoon black pepper
- 1/6 teaspoon ground red pepper (optional)
- Nonstick cooking spray



- Combine cranberry and barbecue sauce. Put in a pot and cook on medium fire until cranberry sauce is melted.
- Place egg white in a large bowl and beat lightly. Add turkey, spring onion, orange peel, soy sauce, black pepper and ground red pepper and mix well with hands. Make into 28 balls.
- Spray large frying pan with nonstick cooking spray. Add meatballs and brown evenly. Reduce heat to low, cover and cook 1-2 hours or until meatballs are no longer pink in the center.

Makes 14 servings

Serving size: 2 meatballs

nutrients per serving	
calories:	116
total fat:	3 g (23% of calories)
saturated fat	1 g
cholesterol:	26 mg
sodium	129 mg
carbohydrate:	14 g (47% of calories)
protein:	9 g (30% of calories)
fiber:	trace

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