

Teriyaki Chicken Meatballs

online care group

DESCRIPTION:

Pineapple, ginger and soy sauce lend a tropical flavor to traditional meatballs.

INGREDIENTS:

Meatballs

- 1 lb. ground chicken
- 1 Tbsp. soy sauce, low sodium
- 2 tsp. real maple syrup
- 1 tsp. sesame seeds
- 3 medium garlic cloves, minced or 1-2 tsp. dried garlic
- 2 tsp. fresh ginger or ½ tsp. dried
- ¼ cup crushed pineapple (without juice)
- ¼ cup panko bread crumbs
- 1 or 2 scallions, finely chopped
- Ground black pepper to taste



INGREDIENTS:

Teriyaki Sauce

- ¼ cup soy sauce, low sodium
- ¾ cup pineapple juice
- 1 Tbsp. rice wine vinegar
- 1 Tbsp. honey
- 1 garlic clove, minced
- 1 tsp. sesame oil
- ½ tsp. freshly grated ginger or ¼ tsp. dried
- 1 tsp. sesame seeds

DIRECTIONS:

Meatballs

1. Mix all ingredients together.
2. Form into 1" small balls and bake on foil-lined cookie sheet in a 400 degree oven for 20 minutes.

DIRECTIONS:

Teriyaki Sauce

1. Whisk together in a bowl and serve with chicken meatballs.

NO TIME TO MAKE SAUCE?: No problem! Dip in low sodium soy sauce for something simple. Serve with a side of brown rice and raw or cooked veggies on the side.

NUTRITION INFO

Serving Size	4 meatballs, ⅓ cup rice, cooked
Servings per recipe	6
Calories	233
Fat	8g
Saturated Fat	2g
Sodium	569mg
Carbohydrates	30g
Fiber	2g
Sugar	11g
Protein	18g

FACT: Using ground chicken in place of ground beef saves calories and saturated fat.