

Sweet & Sour Meatballs

Makes 24 meatballs | 8 servings | **Fruit** • **Protein** • **Grains**

Ingredients

- 1 20-ounce can pineapple chunks in + additional water
- ¼ cup vinegar
- 1 Tablespoon soy sauce
- ½ cup brown sugar
- 3 Tablespoons corn starch
- 2 green bell peppers, chopped
- ½ cup onion, chopped
- 24 cooked *CNP Baked Meatballs* (see back) or pre-cooked meatballs
- 3 - 4 cups cooked grain of choice (brown rice, egg noodles, whole wheat pasta, etc.)

Directions

1. Wash hands with soap and warm water for 20 seconds.
2. Drain the pineapple, saving the juice. Add water to the juice to make $\frac{3}{4}$ cup. Pour juice mixture into skillet or electric skillet.
3. In a small bowl, add vinegar, soy sauce, brown sugar, and corn starch together and stir until smooth. Add to electric skillet.
4. Cook over medium heat until thick and starting to bubble, stirring occasionally.
5. Add pineapple chunks, green pepper, onion, and meatballs. Simmer until meatballs are heated through, 15 - 20 minutes. Serve over grain of choice.

CNP Meatballs

Makes 48 Meatballs | 16 servings | Protein • Grains

Ingredients

- 2 pounds lean ground meat
- 2 eggs
- 1 Tablespoon dried parsley
- 1 cup uncooked oatmeal, or bread crumbs, or crushed unsweetened cereal or crackers
- 1 cup low-fat milk
- 1 teaspoon salt
- 1 teaspoon black pepper
- 2 teaspoons onion powder
- Nonstick spray

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Preheat oven to 400°F, if using, and spray baking sheets with nonstick spray.
3. Mix together all ingredients. Shape into 48 balls about the size of a golf ball (1 inch).
4. **Oven cooking:** Arrange meatballs on baking sheets. Bake for 20 minutes. **Skillet cooking:** Heat ½-inch of water over medium-high heat until simmering. Add meatballs and cook for 15 minutes.
5. Meatballs are done when they reach an internal temperature of 160°F.
6. To freeze for later use, chill quickly. Freeze individually on clean baking sheets. Then, package in amounts needed for meals. Label and freeze.



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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