

# Berry Good Meatballs

**Yields:** 20 meatballs @ 2 oz. ea.

## **Meatball Ingredients:**

20 oz. pack Ground Turkey Breast  
20 oz. pack Ground Turkey Meat  
1/2 cup Egg Beaters  
1/3 cup Plain Panko or home-made  
Breadcrumbs  
👉 finger pinch Kosher Salt  
👉 finger pinch Ground Black Pepper  
👉 finger pinch Garlic Powder  
👉 finger pinch Dried Minced Onions  
👉 finger pinch Dried Thyme

## **Berry Good Sauce Ingredients:**

16 oz. can Cranberry Sauce  
12 oz. jar Chili Sauce  
1/4 cup No Added Sugar Apricot  
Jam **or** same type Orange Marmalade  
1/4 cup water  
2 Tbsp. Low-Sodium Soy Sauce  
2 Tbsp. Raspberry Red-Wine Vinegar  
1 tsp. Dried Red Chili Pepper Flakes

**Directions:** Pre heat oven to 350° F.

**Step 1:** Place a large piece of wax or parchment paper on the counter. Combine meatball ingredients in a bowl. Use clean hands to mix well and shape into 20 - 2 oz. balls.

**Step 2:** Place shaped meatballs onto a baking sheet coated with cooking spray. Place into the pre heated oven for 15 - 20 minutes, or until clear liquid begins to ooze out form the meatballs.

**Step 3:** In a large deep pot over medium heat, stir together all Berry Good Sauce ingredients, whisking occasionally, 5 minutes or until smooth. Add the cooked meatballs and cook for 15 - 20 minutes; stirring occasionally and gently.



## **Complete Meal Portions:**

### **2 Unit Portion:**

2 meatballs  
1 Tbsp. sauce  
1/2 large apple or pear

### **3 Unit Portion:**

3 meatballs  
1 Tbsp. sauce  
3/4 large apple or pear

### **4 Unit Portion:**

4 meatballs  
2 Tbsp. sauce  
1 large apple or pear

### **5 Unit Portion:**

5 meatballs  
2 Tbsp. sauce  
1 1/2 large apple or pear