

Recipe of the Month – January 2020

Meatballs

Serves 5

Serving Size: 5 Meatballs

Cost per Serving: \$1.15

Ingredients:

¼ cup sweet chili sauce

½ cup whole wheat bread crumbs

1 egg

1 pound lean ground meat

(beef, pork, turkey)



Directions:

1. Preheat oven to 350°F. Spray a baking sheet with nonstick cooking spray.
2. In a large bowl, mix sweet chili sauce, bread crumbs, and egg together with a fork until well combined.
3. Add ground meat and stir until completely combined.
4. Shape mixture into 25 balls and place in evenly spaced rows on the baking sheet.
5. Bake 15-20 minutes or until the internal temperature reaches 160°F.

Tips:

- Use ketchup, barbeque sauce, or tomato sauce in place of the sweet chili sauce.
- Use quick oats instead of the bread crumbs.
- Find out how to make homemade bread crumbs on the Spend Smart. Eat Smart website.

Nutrition Facts per Serving: 220 calories, 8g total Fat (3g sat. fat), 100mg. Cholesterol, 200mg Sodium, 10g Carbohydrates, 0g Fiber, 5g Sugar, 22g Protein

*Recipe compliments of Iowa State University Extension and Outreach:
Healthy & Homemade 2020 Nutrition & Fitness Calendar*



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