PINEAPPLE TERIYAKI MEATBALLS

Seasoned breadcrumbs have a lot of preservatives! Season these meatballs yourself and you'll be happy you did!

Ingredients

Meatballs:

1 Cup Plain Breadcrumbs (we like Panko or use about 2-3 pieces of day old french bread **processed** to make 1 cup)

1 pound Ground Lean Beef (we use at least 90% lean)

1/2 Cup Grated Parmesan Cheese

2 eggs

1/2 tsp onion powder

1 Tbsp dried parsley

1/2 tsp salt

1/2 tsp dried Oregano

1/4 Tsp Black Pepper

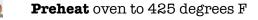
2 Cloves Garlic, Minced



Pineapple Teriyaki Sauce:

1/2 Cup low sodium soy sauce
1/4 cup light brown sugar
1/4 cup crushed pineapple
1/2 tsp garlic powder
1/4 tsp ground ginger
1 tsp cornstarch

Instructions



In a large bowl using your hands, **combine** the breadcrumbs, beef, parmesan cheese, eggs, onion powder, parsley, salt, oregano, pepper and garlic.

Roll 1 inch balls. Make sure each ball is about the same size so they cook evenly

Place meatballs on an aluminum lined cookie sheet for easy cleanup

Bake for 10-15 minutes or until internal temperature reaches at least 160 degrees F

While meatballs are baking, combine teriyaki sauce ingredients in a small sauce pan. Whisk thoroughly on medium until sauce thickens.

Insert toothpicks into meatballs and serve with teriyaki sauce either on the side or over the top of the meatballs. Yumm!

Makes about 30 meatballs

