

# PINEAPPLE TERIYAKI MEATBALLS



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

**Bakers Buzzin'**  
CHILDREN. LOVE. COOKING.



## 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



-  **Preheat** oven to 425 degrees F
-  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**