



Cherry Glazed Meatballs

Ground Turkey Meatballs Coated With A Sweet, Tangy, Dark Cherry (or Cranberry) Glaze

Rather than doing the typical 'grape jelly and chili sauce' cocktail meatballs of yester-year... I thought it'd be fun to have a meatball appetizer that's geared specifically towards the Fall holidays. Hence, the sauce/glaze is made using 1 of 2 fruits that are most commonly associated with Fall & Winter. Dark Sweet Cherries & Cranberries. These'd be great for a Thanksgiving or Christmas get-together, using either fruit. I personally like the sauce with 'sweet dark cherries', but that's just me.

Servings Info.:

Yield: 30 meatballs

Servings: 30

Serving Size: 1 meatball



Range

0-1

- last checked 02/01/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Directions:

1. Line a baking pan with foil and spray with cooking spray. Set aside. Preheat oven to 350 degrees.



2. (A) Mix ALL of the meatball ingredients together in a large mixing bowl. Cover and allow to rest 30 minutes. (B) Use a Tablespoon measuring spoon to scoop out 1 even Tablespoon of meat into your palm, then roll into a ball. (C) Place meatballs on the foil-lined pan and spray with cooking spray. (D) Bake at 350 degrees for 15 minutes.

Ingredients:

Meatball Mixture

- 2 pounds xtra lean ground turkey
- 2 tsp beef flavored granules (I used 'Knorr' brand)
- 1/2 tsp ground cumin
- 2 tsp cocoa powder
- 1/4 tsp ground ginger
- 1-1/2 tsp 0 point sweetener o' choice
- 1/4 tsp black pepper
- 1/2 tsp salt
- 1/4 tsp baking soda dissolved in 2 tsp water (**TRUST ME!!**)
- 1/2 cup red onion, finely diced
- 1 egg yolk (or 1 egg white, if you're on the Green plan)

Dark Cherry (or Cranberry) Sauce: (see notes)

- 2 cups sweet dark cherries, pits removed
- 1 Tbsp Smucker's sugar free strawberry preserves
- 3 Tbsp 0 point brown sugar replacement (such as 'Swerve', 'Lakanto Monkfruit', or 'Sukrin Gold' brands).
- 1/2 cup tomato sauce
- 3 Tbsp rice vinegar (or plain ol' distilled white vinegar)
- 1 Tbsp dijon mustard
- 2 tsp paprika
- 1/4 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/2 tsp salt
- 1/4 tsp pepper
- (optional) 1/2 tsp hot sauce o' choice
- 1-1/2 tsp cornstarch, dissolved with 1 Tbsp water



3. (A) While the meatballs are baking, remove pits from 2 cups of cherries (can be done ahead of time... but I was lazy). (B) Add all of the sauce ingredients (except for the water & cornstarch) to a medium sized pot. Cook over medium heat for 5-6 minutes, or until the cherries start to break down. (C) Carefully, use an immersion blender, or regular blender, to process the sauce till smooth. (D) Add the dissolved cornstarch and simmer for another 2 minutes. Set aside.



4. (A) After the meatballs are out of the oven, place them into a large pan. Pour the cherry sauce over the meatballs. (B) Simmer for 2-3 minutes, or until the meatballs are coated in a nice, thick glaze. Serve by either pouring all of the meatballs and sauce together, or serve as individual appetizers, with toothpicks and extra sauce on the side.

Additional Garnish Ideas:

If you want to plate the meatballs so they look similar to mine, it's pretty easy. Just garnish with some thin sliced green onions, then sprinkle juuuust under 1 tsp sesame seeds over the entire platter. 1 tsp of sesame seeds is 1 point, BUT.... 7/8 tsp is 0 points.

NOTES:

- **Cherry vs. Cranberry:** Though I used dark cherries in my recipe, you can also use cranberries. Doing so, would let you serve more of a Christmas-themed appetizer. The sauce would be a little more tart, but it would still be tasty. Either way, both could be used for Fall flavors. If you'd like to go a little more unique, you can use blueberries, blackberries or any type of fruit in place of the cherries. Note, if you do use a non-Red fruit... leave out the paprika. I only added it for the color.
- **Greenies!:** Use an egg white, instead of the egg yolk, for the meat mixture. Also, you guys can have 5 meatballs for 1 point... 9 meatballs for 2 points
- **Sugar Free Strawberry Preserves:** If you don't want to buy a jar, just to use 1 Tablespoon... you can leave it out.
- **0 Point Brown Sugar Replacement:** If your local stores don't carry any, you can also use regular sweetener, but add some molasses to the sauce. Adjust your points as needed.
- **Doubling:** Though 30 meatballs sounds like a lot, it really isn't. If you're planning to make this for a large group of people, double the recipe. HOWEVER..... do not double the baking soda in the meat mixture. Keep it at 1/4 tsp. Go ahead and double everything else.
- **Sauce:** Other than this one, you can use almost any of my 40+ sauces from Cookbooks 1 & 2 for meatballs. My Personal favorite is the Sweet & Sour Sauce from CB2.
- **Removing Cherry Pits/Seeds:** Yeah... I would highly, highly recommend using a special little punchy-tool to do it. I had to use my hands, so my fingers were stained red. Seriously... I looked like a surgeon from the Civil War.

