

Sweet and Spicy Meatballs

Yield: 4 Servings **Author:** Lauren

Prep time: 15 M Cook time: 20 M Total time: 35 M

Sweet from honey – spicy from sriracha, these meatballs have just the right amount of heat to balance out the sweet!

INGREDIENTS:

- 1 lb 99% Fat Free Turkey Breast
- 1 Egg
- 1/2 cup Bread Crumbs
- 1/2 tsp Garlic Powder
- 1/2 tsp Salt
- 1/2 tsp Pepper
- 2 Tbsp Sriracha
- 3 Tbsp Soy Sauce
- 2 Tbsp Rice Vinegar
- 2 Tbsp Honey
- 1 Tbsp Grated Ginger
- 3 tsp Minced Garlic

INSTRUCTIONS:

1. Preheat the oven to 375
2. In a small bowl, mix the turkey, egg, bread crumbs, garlic powder, salt, and pepper
3. Mix until evenly combined, and then form 1 inch balls and place on a baking sheet covered in foil and sprayed with non-stick spray
4. Bake for 20 minutes
5. While meatballs are baking, in a small sauce pan mix sriracha, honey, soy sauce, rice vinegar, ginger, and garlic and cook until boiling
6. Reduce heat and stir frequently until sauce being to thicken, about 10 minutes
7. Remove from heat and allow to sit for 10 minutes
8. Remove cooked meatballs from oven and place in sauce pan with the sweet and spicy mix
9. Toss meatballs in sauce until evenly covered
10. Divide balls into 4 servings and enjoy!