



Sweet Chili Pineapple Turkey Meatballs



1/8 of recipe (3 meatballs and sauce): 185 calories, 4g total fat (1.5g sat. fat), 462mg sodium, 24.5g carbs, 1g fiber, 17.5g sugars, 12.5g protein

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Prep: 15 minutes **Cook:** 3–4 hours

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Ingredients

One 20-oz. can pineapple tidbits packed in juice, drained, divided
1 lb. raw lean ground turkey (at least 92% lean)
1/2 cup panko bread crumbs
2 tbsp. (about 1 large) egg white or liquid egg substitute
2 tsp. garlic powder
1 tsp. onion powder
1/2 tsp. salt
1/8 tsp. black pepper
1 cup chopped onion
1/2 cup sweet chili sauce
Optional topping: chopped scallions

Directions

Spray a slow cooker with nonstick spray.

Roughly chop 1/2 cup drained pineapple, and pat dry with paper towels. Transfer to a large bowl. Add turkey, bread crumbs, egg white/substitute, and seasonings. Mix thoroughly. Form into 24 meatballs—each about 1 1/2 inches in diameter—and place them in the slow cooker.

In the large bowl, combine remaining drained pineapple, onion, and sweet chili sauce. Mix well. Spoon mixture over the meatballs in the slow cooker.

Cover and cook on low for 3–4 hours, until meatballs are cooked through.

MAKES 8 SERVINGS

HG Alternatives: Gluten free? Use gluten-free panko or old-fashioned oats. Can't find pineapple tidbits? Use pineapple chunks and give them a chop.

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