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Pineapple Meatballs

By Andrea Holwegner BSc, RD

Makes 8 Servings

This tangy recipe is great served over rice and with stir-fried veggies. Enjoy!

What You Need:

Meatballs:

1000 g (2 lbs.) extra lean ground beef
1 cup bread crumbs
1/4 cup skim milk
1 egg
1/2 tsp. pepper
1/2 tsp. garlic powder
1/2 tsp. onion powder
2 tsp. dried parsley

Pineapple Sauce:

2 tbsp. cornstarch
1/4 cup brown sugar
2 tbsp. soy sauce
2/3 cup vinegar
2 X 14 oz (2 X 398 ml) cans pineapple tidbits
1 green pepper, chopped into small pieces



How You Prepare:

1. To make meatballs: Combine all ingredients in a bowl and mix well. Roll into 1" balls and place on a broiler pan and broil for 10-15 minutes, turning occasionally.
2. To make pineapple sauce: Combine all ingredients except green pepper in a pot and stir well. Cook over low heat stirring constantly until smooth and thick. Add green pepper.
3. Pour sauce over prepared meatballs and simmer for a few minutes. Alternatively put in the oven in a casserole dish and bake at 350F for 30 minutes.

Nutrition Information Per Serving:

Calories 353; Carbohydrates 32 g; Protein 30 g; Fat 10.9 g; Dietary Fiber 1.8 g

Andrea Holwegner, known as the Chocoholic Dietitian, is founder and president of Health Stand Nutrition Consulting Inc., a member of the Canadian Association of Professional Speakers and a media expert for the Dietitians of Canada. For nutrition counselling information and to sign up for a free monthly newsletter loaded with nutrition tips, recipes and more visit www.healthstandnutrition.com. Twitter @chocoholicRD.

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