# Holiday Meatballs w/ Cranberry Dipping Sauce

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*A festive and nutritious holiday party appetizer*



**Yield:** 4 servings

**Ingredients:**

***Meatballs:***

1 tsp olive oil

½ onion, diced

2 cloves garlic, minced

1 cup cranberries, fresh

2 cups kale leaves, packed, stems removed

½ Tbsp dried rosemary

1 pound (90/10) lean ground beef

1 egg

½ tsp salt

¼ tsp pepper

***Cranberry Dipping Sauce:***

½ cup cranberry sauce

¼ cup light mayonnaise

1 lemon, juiced

2 tsp dried rosemary

**Method of Preparation:**

***Meatballs:***

1. Preheat oven to 375°F.
2. Heat sauté pan over medium-high heat. Add oil.
3. Add onion; cook 3-4 minutes.
4. Add garlic; cook 1-2 minutes.
5. In food processor, combine cranberries, kale, and rosemary. Pulse until finely chopped.
6. Add cranberry mixture to sauté pan. Cook 3-5 minutes, or until kale softens.
7. Cool mixture 5-10 minutes.
8. Combine ground beef and cranberry mixture in bowl.
9. Add egg, salt, and pepper.
10. Mix well to combine, without overmixing.
11. Roll mixture into 2-once balls.
12. Line on baking sheet with a wire rack so meatballs cook evenly.
13. Bake 15-20 minutes, or until cooked through (155°F).
14. Serve with cranberry dipping sauce.

***Cranberry Dipping Sauce:***

1. Add all cranberry dipping sauce ingredients in bowl.
2. Mix to combine until well incorporated.
3. Chill in fridge at least 1 hour or overnight to develop flavors.

**Nutritional Analysis:** Per serving

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| --- | --- | --- | --- | --- | --- |
| Calories: | 382 kcal | Fiber: | 3.2 g |  Calcium: | 80 mg |
| Total Fat: | 14.4 g | Cholesterol: | 146 mg | Iron: | 23 mg |
| Saturated Fat: | 4 g | Vitamin D: | 4 mcg | Sodium: | 358 mg |
| Protein: | 37.4 g  | Potassium | 740 mg |
| Carbohydrates: | 24.1 g |  |  |  |  |
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