

## **Appetizer**

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# **Basil Chicken Meatballs with Ponzu Sauce**

McCormick Spices

**Servings: 8**

**Preparation Time: 15 minutes**

**Start to Finish Time: 19 minutes**

### **MEATBALLS**

**2/3 cup panko breadcrumbs**

**1/3 cup flaked sweet coconut**

**1/4 cup green onions, chopped**

**1/4 cup fresh basil, chopped**

**2 tablespoons sweet chili sauce**

**2 teaspoons garlic, minced**

**1 1/2 teaspoons fish sauce**

**1 1/2 pounds ground chicken**

**2 large egg whites, lightly beaten**

**cooking spray**

### **PONZU SAUCE**

**1/4 cup low-sodium soy sauce**

**2 tablespoons small basil leaves**

**1 tablespoon green onions, chopped**

**2 tablespoons fresh orange juice**

**1 tablespoon fresh lemon juice**

**1 1/2 teaspoons water**

**1 1/2 teaspoons mirin (sweet rice wine)**

**dash crushed red pepper**

Preheat oven to 425 degrees.

**MEATBALLS:** Combine breadcrumbs, coconut, green onions, basil, sweet chili sauce, garlic, fish sauce, egg whites and chicken in a large bowl; shape mixture into 16 (1 1/2-inch) meatballs.

Heat a large nonstick skillet over medium-high heat. Coat skillet with cooking spray. Add eight meatballs to pan and cook for 6 minutes, browning on all sides. Remove meatballs from pan and arrange on the rack of a broiler pan coated with cooking spray. Repeat procedure with the remaining eight meatballs.

Bake for 7 minutes or until done.

**PONZU SAUCE:** Combine soy sauce, basil leaves, green onions, orange juice, lemon juice, water, mirin and red pepper in a small bowl.

Serve sauce with meatballs. Garnish with basil leaves and additional chopped green onions, if desired.

Yield: 16 meatballs

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Per Serving (excluding unknown items): 202 Calories; 8g Fat (36.4% calories from fat); 28g Protein; 4g Carbohydrate; trace Dietary Fiber; 80mg Cholesterol; 392mg Sodium. Exchanges: 4 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates.