

Pistachio-Turkey Meatballs in Orange Sauce

*Jeanne Holt - Mendota Heights, MN
Taste of Home Magazine - November 2013*

Yield: 54 meatballs

MEATBALLS

*2/3 cup chopped pistachios
2 green onions, finely chopped
1/4 cup dry bread crumbs
1 egg, lightly beaten
1 teaspoon grated orange peel
1/2 teaspoon salt
1/8 teaspoon pepper
1 pound ground turkey
1 (4 ounce) Italian sausage link,
casing removed*

SAUCE

*3 tablespoons butter
1 tablespoon olive oil
1/4 cup sweet red pepper, finely
chopped
1/8 teaspoon crushed red pepper
2 tablespoons white wine
4 teaspoons cornstarch
1 cup orange juice
1/2 cup reduced-sodium chicken
broth
1 tablespoon honey
1/2 teaspoon grated orange peel
1 tablespoon fresh basil, minced
2 tablespoons chopped pistachios*

Preparation Time: 25 minutes

Bake: 20 minutes

Preheat the oven to 375 degrees.

In a bowl, combine the pistachios, green onions, bread crumbs, egg, orange peel, salt and pepper. Add the turkey and sausage. Mix lightly but thoroughly. Shape into one-inch balls. Place on greased racks in shallow baking pans. Bake for 18 to 20 minutes or until cooked through.

In a large skillet, heat the butter and oil over medium heat. Add the red pepper and pepper flakes. Cook and stir for 2 to 3 minutes or until the red pepper is tender. Add the wine. Cook for 1 minute.

In a small bowl, whisk the cornstarch, orange juice, chicken broth, honey and orange peel until blended. Stir into the pan. Bring to a boil. Cook and stir for 1 to 2 minutes or until thickened.

Stir in the basil and meatballs. Sprinkle with pistachios.

Per Serving (excluding unknown items): 1629 Calories; 94g Fat (52.9% calories from fat); 108g Protein; 80g Carbohydrate; 3g Dietary Fiber; 657mg Cholesterol; 2636mg Sodium. Exchanges: 2 Grain(Starch); 14 Lean Meat; 1 Vegetable; 2 Fruit; 9 1/2 Fat; 1 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1629	Vitamin B6 (mg):	2.2mg
% Calories from Fat:	52.9%	Vitamin B12 (mcg):	3.2mcg
% Calories from Carbohydrates:	20.0%	Thiamin B1 (mg):	1.4mg
% Calories from Protein:	27.1%	Riboflavin B2 (mg):	1.2mg
Total Fat (g):	94g	Folacin (mcg):	239mcg
Saturated Fat (g):	27g	Niacin (mg):	23mg
Monounsaturated Fat (g):	43g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	16g	Alcohol (kcal):	20
Cholesterol (mg):	657mg	% Refuse:	0.0%
Carbohydrate (g):	80g	Food Exchanges	
Dietary Fiber (g):	3g	Grain (Starch):	2
Protein (g):	108g	Lean Meat:	14
Sodium (mg):	2636mg	Vegetable:	1
Potassium (mg):	2173mg	Fruit:	2
Calcium (mg):	240mg	Non-Fat Milk:	0
Iron (mg):	11mg	Fat:	9 1/2
Zinc (mg):	12mg	Other Carbohydrates:	1
Vitamin C (mg):	208mg		
Vitamin A (i.u.):	3126IU		
Vitamin A (r.e.):	439 1/2RE		

Nutrition Facts

Amount Per Serving

Calories 1629 **Calories from Fat:** 862

		% Daily Values*
Total Fat	94g	144%
Saturated Fat	27g	134%
Cholesterol	657mg	219%
Sodium	2636mg	110%
Total Carbohydrates	80g	27%
Dietary Fiber	3g	12%
Protein	108g	
Vitamin A		63%
Vitamin C		346%
Calcium		24%
Iron		62%

* Percent Daily Values are based on a 2000 calorie diet.