

Beef

Swedish Meatballs

Servings: 4

Exchanges: One serving = 1 bread, 2 medium-fat meat, 1/5 skim milk.

1/2 cup whole wheat bread crumbs

1/4 pound ground round beef

1/4 pound ground veal

1 tablespoon water

1/4 cup wheat germ

1 egg (use only 1/2 of yolk)

1/4 teaspoon ground ginger

1/4 teaspoon ground nutmeg

1/4 teaspoon ground allspice

1/4 teaspoon pepper

1/4 teaspoon fructose

pinch salt

2 tablespoons arrowroot (sauce)

1 cup beef broth (sauce)

1/2 cup plain low-fat yogurt

In a large bowl, mix half the bread crumbs, both meats, water, wheat germ, and egg. After thorough blending, add ginger, nutmeg, allspice, pepper, fructose and salt.

Mix again and form into 1-inch balls. Roll balls in the extra bread crumbs.

Brown balls in skillet and cook covered for 15 minutes. Drain off any fat.

For sauce, blend arrowroot with 4 tablespoons water and stir. Mix into broth, stirring until smooth. Add yogurt and blend.

Add browned meatballs to sauce, blend and serve warm.

Per Serving (excluding unknown items): 141 Calories; 4g Fat (25.1% calories from fat); 11g Protein; 16g Carbohydrate; 3g Dietary Fiber; 25mg Cholesterol; 157mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.