

# Honey-Chipotle Turkey Meatballs

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Palm Beach Post

**Servings: 8**

**1 1/2 pounds ground turkey**  
**1/2 yellow onion, diced small**  
**2 cloves garlic, minced**  
**1/2 teaspoon fine salt**  
**1/4 teaspoon ground pepper**  
**2 tablespoons honey**  
**1 to 2 tablespoons chopped chipotle chilies in adobo sauce**  
**2 teaspoons cider vinegar**  
**1 tablespoon extra-virgin olive oil**

Preheat the oven to 375 degrees.

In a medium bowl, mix together the turkey, onion, garlic, salt and pepper until combined (do not overmix).

Form into sixteen meatballs.

In a small bowl, stir together the honey, chipotle chilies and cider vinegar.

In a large ovenproof skillet, heat the olive oil over medium-high heat.

Add the meatballs and cook until browned on all sides, about 10 to 12 minutes.

Transfer the skillet to the oven and bake for 5 minutes.

Remove the skillet from the oven. Pour the honey mixture over the meatballs and swirl the skillet to coat.

Bake until the liquid is reduced and the meatballs are glazed, about 5 minutes, swirling halfway through.

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Per Serving (excluding unknown items): 162 Calories; 9g Fat (49.1% calories from fat); 15g Protein; 5g Carbohydrate; trace Dietary Fiber; 67mg Cholesterol; 81mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 0 Vegetable; 1/2 Fat; 1/2 Other Carbohydrates.