

Tapas Meatballs with Orange Glaze

Taste of Home

Servings: 16

Preparation Time: 25 minutes

Bake Time: 20 minutes

1 egg, beaten
1/4 cup ketchup
1 small onion, finely chopped
1/2 cup soft bread crumbs
1/4 cup minced fresh parsley
3 teaspoons paprika
2 garlic cloves, minced
1/2 teaspoon salt
1/2 teaspoon pepper
1 pound lean ground beef (90%)
2 1/2 ounces Feta cheese, cut into 16 1/2" cubes

GLAZE

1 jar (12 oz) orange marmalade
1/4 cup orange juice
3 green onions, chopped, divided
1 jalapeno pepper, seeded and chopped

Preheat oven to 400 degrees.

In a large bowl, combine the first nine ingredients. Crumble beef over mixture and mix well.

Divide into 16 portions; flatten. Top each with a cheese cube; form beef mixture around cheese into meatballs. Place on a greased rack in a shallow baking pan.

Bake, uncovered, for 20-25 minutes or until no longer pink.

In a small saucepan, heat the marmalade, orange juice, half of the green onions and the jalapeno.

Place meatballs in a serving dish; pour glaze over the top and gently stir to coat. Garnish with remaining green onions.

Per Serving (excluding unknown items): 35 Calories; 1g Fat (34.7% calories from fat); 1g Protein; 4g Carbohydrate; 1g Dietary Fiber; 17mg Cholesterol; 175mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates.