



THANKSGIVING MEATBALLS

This is a unique twist to a comfort food that takes meatballs from savory to slightly sweet. It's a great choice for those needing low-fat protein choices during the holiday.

Yield: 16 medium sized meatballs, 8 servings

INGREDIENTS:

- 1 ½ lb. ground turkey meat (you can use half ground turkey and half sweet turkey sausage for extra flavor)
- 1 ¼ cup of herbed stuffing bread cubes
- ½ cup dried cranberries
- 1 large egg plus 1 egg white
- ¼ cup finely chopped sweet onion
- 1 Tbsp. chopped fresh sage
- 1 tsp. salt
- 1 Tbsp. olive oil
- Other add-in ideas: shredded carrots or chopped mushrooms

DIRECTIONS:

1. Preheat oven to 450°.
2. Coat a 9x13 inch baking sheet with olive oil and set aside.
3. In a large bowl, combine the ground turkey/turkey sausage, cranberries, eggs, onion, sage, and salt. Add half of the stuffing cubes in whole form, and crush the other half in your hands to resemble bread crumbs. Mix everything together with your hands until it is all incorporated.
4. Coat your hands with a little bit of olive oil and roll the mixture firmly into balls about the size of golf balls. Place the meatballs in the baking dish directly next to each other in rows. This will help them keep their shape while baking.
5. Roast for about 20 minutes, until the meatballs are cooked through and slightly brown on top.
6. Serve meatballs with gravy and cranberry sauce, and enjoy!

NUTRITIONAL DATA:

192 calories, 7.9 grams fat, 1.8 grams saturated fat, 73 mg cholesterol, 5.4 grams carbohydrate, 0.9 grams dietary fiber, 18.5 grams protein

*The **Cooking. Comfort. Care. Nourishment for the Pancreatic Cancer Fight** program was created by Celgene Corporation and in collaboration with the Pancreatic Cancer Action Network, Meals to Heal and Chef Michael Ferraro. These recipes were developed by registered dietitians who are board-certified specialists in oncology nutrition affiliated with the Pancreatic Cancer Action Network and at Meals to Heal, along with Chef Michael Ferraro. This content is for information purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Talk to your healthcare team for nutritional advice or specific questions you have about managing your condition or that of a loved one.*