

# Sweet & Sour Vegetarian Meatballs



## INGREDIENTS (Serves 4)

### Vegetarian meatballs:

- 2 large eggs
- Oil to grease pan
- ½ cup shredded colby cheese
- 2 tablespoons minced yellow onion
- ½ teaspoon dried basil
- ¼ teaspoon dried sage
- ¼ teaspoon salt
- 1 cup crushed herbed stuffing mix
- ¼ cup cottage cheese
- 6 tablespoons pecan meal (grind ½ cup pecan halves)

### Sauce:

- 2 tablespoons canola or vegetable oil
- 3 tablespoons apple cider vinegar
- 10 tablespoons apricot jam
- 6 tablespoons ketchup
- 1 tablespoons minced yellow onion
- ¼ teaspoon dried sage
- ¼ teaspoon dried oregano
- ¼ teaspoon hot sauce

## PREPARATION

1. Preheat oven to 350 degrees F.
2. Oil a sheet pan that has sides or an oven-safe casserole dish.
3. In a large mixing bowl, mix together all vegetarian meatball ingredients. Once thoroughly combined, roll into 1 to 2 inch balls. The mixture should yield approximately 16-18 vegetarian meatballs. Place them in the oiled pan and bake for 15 minutes. Turn them, and bake another 15 minutes.
4. While the vegetarian meatballs are baking, mix together all sauce ingredients in a separate bowl.
5. After the vegetarian meatballs have baked for 30 minutes, coat them with the sauce and bake another 10-15 minutes. Serve warm.

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## SHOPPING LIST

### Produce

Yellow onion

Pecans

### Grocery

Herbed stuffing mix

Canola or vegetable oil

Apple cider vinegar

Apricot jam

Ketchup

Hot sauce

### Dairy

Colby cheese

Cottage cheese

Eggs

### Spices/seasonings

Dried basil

Dried sage

Dried oregano

## SERVING SUGGESTION

Goes great with fettuccine Alfredo or mushroom risotto.

## NUTRITIONAL INFORMATION

Per Serving: 490 calories, 27 g. fat, 108 mg. cholesterol, 54 g. carbohydrate, 4 g. dietary fiber, 12 g. protein, 871 mg. sodium

*The nutritional values and information provided are approximations.*

***This Rush Hour Recipe courtesy of:***

Open Harvest Co-op Grocery • Lincoln, Neb.

