

Moroccan Meat balls

Yield: 45 small meatballs (about ¾-inch)

Or

Serves 4-6

For the Meatballs:

1 lb (454g) ground turkey

1 egg yolk

1 slice whole wheat bread, crust-less (about 32g)

1 onion, minced

¼ teaspoon ground cinnamon

¼ teaspoon ground cumin

½ teaspoon Hungarian paprika

2 teaspoons Spanish paprika

1 teaspoon ground coriander

1 tablespoon fresh parsley chopped

2 tablespoons olive oil

1½ teaspoons Kosher salt and freshly ground black pepper

For the Sauce:

3 tablespoons olive oil

4 small onions, peeled and chopped

1 bay leaf

1 ½ teaspoon ground ginger

Pinch saffron

1½ teaspoon ground cumin

½ teaspoon Hungarian paprika

½ teaspoon Spanish paprika

Pinch of ground turmeric

¼ cup fresh chopped parsley

¼ cup fresh chopped cilantro

Juice of half a lime (1 tablespoon)

1. Place all the ingredients for the meatball in a bowl and combine well with a rubber spatula (or knead the mixture with your hands). Scoop a tiny portion and fry in a small pan to make sure the season is just right. Chill the mixture for at least 30 minutes, preferably 2 hours.
2. Have a small bowl of water nearby, wet your hands, and form ½-inch balls. Reserve on a plate until ready to poach.

3. In a large deep skillet, broad saucepan over low-medium heat, warm the olive oil and cook the onions until soft and translucent, about 6 minutes. Add the bay leaf, ginger, saffron, cumin, paprika, turmeric, salt and pepper, and cook, stirring frequently with a wooden spoon until spices become fragrant. Add about 1½ cup hot water and bring to a boil.
4. Add the meatballs and poach them in the sauce, over low heat, covered, for 20 minutes, checking and stirring halfway through. Add more water if necessary.
5. Finish with the lime juice, parsley, and cilantro and stir carefully. Transfer to a serving plate with all the sauce.

Nutritional Facts		
Serving Size: 1/6 of recipe		
Amount Per Serving		
Calories: 264		
Total Fat	18	g
Saturated Fat	3	g
Cholesterol	74	mg
Sodium	363	mg
Total Carbohydrate	11	g
Sugar	3	g
Dietary Fiber	2	g
Protein	17	g