

Turkey/Vegetable Ribbon Meatballs

1 med. Zucchini

1 med. Yellow summer squash such as crookneck

1 med red sweet pepper

1 lb. ground raw turkey

¾ c soft bread crumbs

1 med. Onion – finely chopped

6 cloves garlic, minced

1 T snipped fresh basil

½ tsp salt

¼ tsp ground red pepper

1/3 cup hoisin sauce

- Using a sharp vegetable peeler, slice zucchini and yellow squash lengthwise into wide, flat ribbons: set aside
- Remove top and seeds from sweet pepper: cut into ¾" to 1" wide strips: trim flesh to make strips about 1/8" thick: set aside
- In a large mixing bowl combine turkey, bread crumbs, onion, garlic, basil, salt, and ground red pepper. Shape the meat mixture into 1 inch balls; arrange in a shallow basking pan. Brush meatballs with half of the hoisin sauce.
- Bake in a 350 degree oven for 20 minutes or until meat is no longer pink. Let cool about 15 minutes until they are cool enough to handle.
- Meanwhile in a medium saucepan cook zucchini, yellow squash and sweet pepper, uncovered, in boiling water for 2 minutes. Drain and immediately rinse with cold water. Drain well.
- Wrap each ball with a ribbon of vegetable and secure with tooth picks.
- Place wrapped meatballs on a clean, ungreased baking sheet; brush with remaining hoisin sauce. Return to 350 degree oven and bake for 10 minutes

Source: BH&G