

Gingery Pork Meatballs

Ingredients

- 1/2 cup chopped fresh cilantro
- 1/4 cup dry breadcrumbs
- 1/4 cup finely chopped red onion
- 2 tablespoons lower-sodium soy sauce
- 2 teaspoons grated peeled fresh ginger
- 3 garlic cloves, minced
- 1 pound lean ground pork
- 1 large egg, lightly beaten

Preparation

Place a foil-lined jelly-roll pan in the oven. Preheat oven to 450 degrees.

Combine the first 8 ingredients in a large bowl; stir gently just until blended. Cover and chill 30 minutes. Divide pork mixture into 20 equal portions; shape each portion into a meatball. Arrange meatballs in a single layer on the preheated pan. Bake at 450 for 20 minutes or until done.

Serve with rice or rice noodles and bell pepper strips.

Serves 4 as a main dish.