

Hoisin-Glazed Turkey Meatballs

from healthy seasonal recipes

2 tablespoons shoyu 400 deg
1 tablespoon sesame oil
2 teaspoon finely grated fresh ginger root
couple shakes of red pepper flakes
1 teaspoon sugar
1 tablespoon cornstarch
2 scallions, minced plus sliced scallion greens for garnish, divided (or onion powder)
1 can finely chopped water chestnuts
1 pound lean ground turkey (you could also use beef)
1/4 cup Hoisin Sauce
2 tablespoons chopped fresh cilantro leaves
1 tablespoon freshly squeezed lime juice
black and/or white sesame seeds, for garnish

Preheat oven to 400 degrees F. Line a large baking sheet with parchment paper.

Whisk shoyu, sesame oil, ginger, red pepper flakes and sugar in a large bowl. Whisk in cornstarch until smooth. Stir in 2 minced scallions and water chestnuts. Stir in turkey until completely combined.

Drop turkey mixture by rounded tablespoons onto the prepared baking sheet, gently re-shaping into ball shapes if necessary. Lightly coat the balls with cooking spray and transfer to the oven. Bake until the meat is cooked through, 15 to 17 minutes.

Stir Hoisin sauce, cilantro and lime juice in a large bowl. Add the cooked meatballs and gently stir to coat. Sprinkle with the remaining sliced scallions and sesame seeds and serve hot.