



MINI MEATBALL APPETIZERS WITH APRICOT DIP

Ingredients:

- 1 pound lean ground beef (or turkey)
- 1/4 cup seasoned dry bread crumbs
- 1 egg, beaten
- 2 tablespoons water
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

Dip:

- 3/4 cup apricot preserves, low sugar
- 3/4 cup barbecue sauce, low or no added sugar
- 2 tablespoons Dijon-style mustard

Directions:

1. Heat oven to 400F. Combine ground meat, bread crumbs, egg, water, salt and pepper in a large bowl, mixing lightly but thoroughly. Shape into thirty-six 1-1/4-inch meatballs. Place on a rack in a broiler pan that has been sprayed with cooking spray or on a parchment lined baking sheet. Bake in a 400F oven for 15 to 17 minutes.
2. Meanwhile, heat apricot preserves, barbecue sauce and mustard in medium saucepan over medium heat. Bring to a boil; reduce heat; simmer, uncovered, 3 to 5 minutes, stirring occasionally or until sauce thickens slightly.
3. Add cooked meatballs and continue to cook 2 to 3 minutes or until meatballs are heated through, stirring occasionally. Serve or keep warm in slow cooker (see tip below).
4. To keep meatballs warm, place in 2-1/2-quart slow cooker set on LOW. Keep covered to maintain heat. Meatballs can be held up to 2-1/2 hours, stirring occasionally.

Recipe Yield: Yield: 36 mini meatballs, 1 per serving

Recipe adapted from: *Diabetic Gourmet Magazine*