

# Honey Dijon Turkey Meatballs

Miniature turkey meatballs seasoned with Mrs. Dash Garlic & Herb Seasoning are stuffed with a creamy chunk of Swiss cheese; baked and lightly rolled in honey-Dijon and then a scrumptious coating of Mrs. Dash Garlic & Herb toasted panko breadcrumbs.

**Yield:** 24 - 4 mini meatballs

**Serving Size:** 4 - Piece

**Portions:** 24



## Ingredients

Mrs. Dash Garlic & Herb Seasoning Blend	1/4 cup
turkey, all white meat, ground	6 pounds
Swiss cheese chunks (1/4" cheese cube)	96 each
honey-Dijon, prepared	1 1/2 cups
Panko breadcrumbs	6 cups
Mrs. Dash Garlic & Herb Seasoning Blend	6 Tbsp

## Measure

## Preparation

1. In a large mixing bowl, combine 1/4 cup Mrs. Dash and ground turkey.
2. Form into 96 small meatballs, using a #30 disher.
3. Make indentation in the center of each meatball and place one small chunk of cheese inside. Smooth back into a ball encasing the cheese inside the meatball. Place on a sheet pan.
4. Bake at 375°F for 15 minutes.
5. While meatball are baking, combine breadcrumbs and 6 Tbsp Mrs. Dash. Toast (in a non-stick sauté pan over low heat or on a sheet pan in the oven) to a light golden brown color.
6. Dip each meatball in honey-Dijon to lightly coat. Roll in toasted panko/Mrs. Dash mixture to light coat. Serve hot.
7. HINT: Very lightly apply honey-Dijon to the meatballs. Just enough to flavor and so breadcrumbs can adhere. You do not want a running, gooey, over sauced meatball. Can be served as an appetizer, a catering item, a buffet item or a center of the plate meal paired with brown rice and steamed vegetables or served over angel hair pasta with a new take on spaghetti & meatballs. Mix Italian sausage into the turkey for greater depth of flavor. Use buffalo mozzarella (which is also low sodium) versus Swiss cheese. Cooked meatballs could be browned in a sauté pan (before lightly breading) to create additional flavor, color and texture. Honey-Dijon could be used as a dipping sauce for the turkey meatballs.

## Nutrition Facts

**Serving Size:** 4 Piece

**Servings:** 24

Amount Per Serving

**Calories 291** Calories from Fat 130

	Per Serving	% Daily Value*
<b>Total Fat</b>	14 g	21%
Saturated Fat	8 g	40%
Trans Fat	0 g	
<b>Cholesterol</b>	55 mg	18%
<b>Sodium</b>	119 mg	4%
<b>Total Carbohydrate</b>	66 g	22%
Dietary Fiber	0 g	0%
Sugars	1 g	
<b>Protein</b>	23 g	

<b>Vitamin A</b>	10 %	<b>Vitamin C</b>	0 %
<b>Calcium</b>	45 %	<b>Iron</b>	4 %

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g

Calories per gram:

Fat 9    Carbohydrate 4    Protein 4