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Recipes: Meatballs three ways

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Spicy Pork Meatballs, Chicken Teriyaki Meatballs and Greek Minted Meatballs.

SPICY PORK MEATBALLS

Serves 8 (24 meatballs).

Note: Serve on a baguette as a sub, or plate on a bed of creamy polenta; spoon on a spicy meat sauce. From "The Meatball Shop Cookbook."

- 2 lb. pork shoulder, ground
- 1 tbsp. plus 1 tsp. salt
- 4 jarred hot cherry peppers, minced
- 1/4 c. hot cherry pepper pickling liquid
- 4 slices fresh white bread, finely chopped
- 3 eggs

Directions

Preheat oven to 450 degrees. In a large bowl, mix pork, salt, cherry peppers, pickling liquid, bread and eggs by hand until thoroughly incorporated.

Roll into golf ball-sized meatballs, packing the meat firmly. Place the balls in a lightly oiled 9-by-13-inch baking dish, touching one another.

Bake until firm and cooked through, 20 minutes. Cool 5 minutes in the baking dish before serving.

Nutrition information per 3 meatballs:

Calories 312 Fat 19 g Sodium 1,360 mg Carbohydrates 8 g
Saturated fat 7 g Calcium 43 mg

Protein 25 g Cholesterol 150 mg Dietary fiber 0 g

Diabetic exchanges per serving: 1/2 bread/starch, 3 medium-fat meat, 1 fat.