

Spiced Chicken Meatballs with Balsamic Dipping Sauce

1/4 cup loosely packed cilantro leaves
3/4 cup oats
1 large shallot, peeled and roughly cut
3 cloves garlic, divided
1 3-inch piece of fresh ginger, peeled
1 tbsp. low-sodium tamari soy sauce
1 tbsp. honey
1 tbsp. apple cider vinegar
1 lb. lean ground chicken
1 egg, lightly beaten
1/4 cup balsamic vinegar
2 tbsp. strawberry jam

In a food processor fitted with a standard blade, puree together cilantro, oats, shallot, two cloves of garlic, ginger, soy sauce, honey, and apple cider vinegar. In a medium-sized bowl, blend the pureed ingredients with chicken and egg. Using wet hands, form 24 meatballs. Fill a large pot (fitted with a steamer basket) about halfway with water. Bring to a boil. Place the meatballs in the steamer basket, put basket over boiling water, then cover and steam for 30 minutes. While meatballs are steaming, mince remaining garlic clove, then put minced garlic, balsamic vinegar, and jam in a small saucepan. Cook over medium heat, stirring frequently, for 10 minutes.

Serves six. Each serving contains about 236 calories, 8 g fat (2 g saturated fat, 0 g trans fat), 99 mg cholesterol, 228 mg sodium, 23 g carbohydrates, 8 g sugar, 2 g fiber, 18 g protein.