



Baked Pineapple Chicken Meatballs

With Mint Lemon Yogurt Sauce

Camine Pappas / Serves 6-8 / January 2019

INGREDIENTS:

2 lbs. ground chicken
1 large egg
2 T plain bread crumbs
2 t or more kosher salt (don't skimp! Chicken is bland without enough salt!)
1 t black pepper
1 small 8 oz. can crushed pineapple, pushed through a sieve until all moisture is gone.
¼ heaping C of golden raisins
3 T fresh flat leaf parsley chopped
3 T oil for greasing pan and brushing on top
4 oz. Greek yogurt
1 large garlic clove finely chopped
2 t finely chopped fresh mint
2 T fresh squeezed lemon juice
A few turns of fresh cracked black pepper

METHOD:

Use the ground chicken when cold. Combine chicken through parsley in a bowl and blend well. (You will have about 1/3 the volume of pineapple after getting rid of all the moisture!) Grease a large rectangular baking dish. Form the chicken into large balls about 2" square. Arrange on pan with the balls just touching but not pushed up against one another. Brush the top of each with a little light oil. I used canola.*

Bake in a 375 degree F oven for about 20-25 minutes. Do NOT overbake.

In a small bowl combine the yogurt, lemon, garlic, mint, and pepper. Mix well and serve alongside meatballs.

**Let sit until about room temperature, for about 45 minutes before baking. Cold makes it easier to form balls, warm makes it easier to cook meatballs evenly.*

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