



Very Yummy Meatballs*

1 cup Worthington Vegetarian Burger

1 cup shredded cheddar cheese,

1 cup pecan meal

1 large onion, diced

1 heaping cup corn flakes

4 eggs or 4 eggs whites and 2 egg yolks

1/4 teaspoon garlic powder

Sauce:

1 tablespoons lemon juice

6 tablespoons margarine or butter,

1/2 cup catsup

1/4 cup brown sugar

1 teaspoon chili powder

1/2 cup water

3/4 teaspoon salt

Meatballs: Mix all ingredients together and let stand for 10 minutes. Shape into balls with ice cream scoop and place on sprayed or greased cookie sheet. Bake at 350 degrees for 25 minutes.

Sauce: Put all ingredients into saucepan and cook until boiling.

Baking instructions: Cover baked meatballs with sauce and warm thoroughly in oven.

Note: Meatballs can be baked ahead of time and sealed in a baggie until ready to use. They freeze well. Reheat in oven rather than microwave for best consistency.

Submitted by Avis W. of South Dakota