

Around the Table

FAMILY TIME

MEATBALL MANIA

Roll up a cozy, crowd-pleasing dinner tonight
By Sarah DiGregorio

Lamb-Mango Curry

INGREDIENTS:

- 1 lb ground lamb
- ½ cup plain dry bread crumbs
- ⅓ cup mango chutney
- ¼ cup golden raisins
- ½ cup chopped cilantro
- 1 large beaten egg
- 1½ tsp curry powder
- 1½ tsp kosher salt
- ½ tsp garam masala (optional; or 1 pinch cinnamon)
- ½ tsp cumin seeds
- ¼ tsp cayenne pepper, or more to taste

MAKES: 14 meatballs

PER MEATBALL: 110 cal, 8g carbs, 7g protein, 6g fat, 35mg chol, 310mg sodium, 0g fiber



Pork-Chipotle

INGREDIENTS:

- 1 lb ground pork
- ½ lb fresh (raw) chorizo, casings removed
- 1¼ cups grated smoked gouda cheese
- 1 large beaten egg
- ½ cup plain dry bread crumbs
- 1 minced chipotle chile and 1 Tbsp adobo sauce (from a can of chipotle chiles in adobo sauce)
- ½ tsp kosher salt.

MAKES: 14 meatballs

PER MEATBALL: 120 cal, 3g carbs, 8g protein, 8g fat, 40mg chol, 320mg sodium, 0g fiber



Turkey-Broccoli Rabe

INGREDIENTS:

- 2½ cups blanched, finely chopped broccoli rabe (Blanch 1 small bunch in boiling salted water until just tender, about 4 minutes, then drain, squeeze out water, and pat dry before chopping.)
- 1 lb ground turkey
- 1¼ cups grated Parmesan
- ½ cup plain dry bread crumbs
- ½ tsp fennel seeds
- 1 tsp red pepper flakes
- 1 tsp kosher salt
- 1 tsp freshly ground pepper
- 1 large beaten egg
- 4 dashes Worcestershire sauce
- 2 garlic cloves, minced
- 2 Tbsp ketchup

MAKES: 19 meatballs

PER MEATBALL: 80 cal, 4g carbs, 8g protein, 3.5g fat, 30mg chol, 260mg sodium, 1g fiber



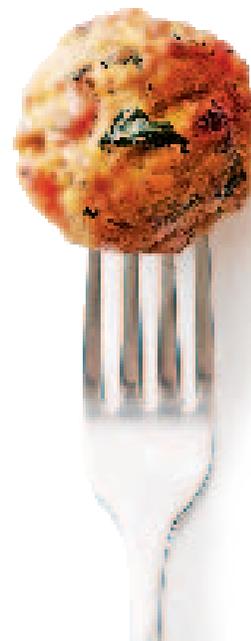
Italian Sausage

INGREDIENTS:

- 1 lb fresh (raw) hot Italian sausage, casings removed
- ½ lb fresh (raw) sweet Italian sausage, casings removed
- 1 cup grated Pecorino cheese
- ½ cup plain dry bread crumbs
- 1 large beaten egg
- ¾ cup chopped flat-leaf parsley
- 2 minced peperoncini
- 1 Tbsp tomato paste
- ¼ tsp kosher salt.

MAKES: 15 meatballs

PER MEATBALL: 120 cal, 4g carbs, 7g protein, 8g fat, 30mg chol, 450mg sodium, 0g fiber



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