

Potato and Pork Meatballs

Meatballs should be tender and moist and these fit the bill. These have a southwest flavour and simmered in salsa are perfect served with green beans on the side and perhaps a dollop of sour cream on top.

8 oz (250 g) round Ontario potatoes, peeled and cubed
2 cloves garlic, peeled
12 oz (375 g) ground pork
1 small onion, grated
2 tbsp (25 mL) chopped fresh parsley
2 tsp (10 mL) dried oregano
1/2 tsp (2 mL) each ground cumin and chili powder
1/4 tsp (1 mL) each salt and pepper
1 tbsp (15 mL) vegetable oil
1 jar (430 mL) salsa



In saucepan, cover potatoes and garlic with water and bring to boil. Boil for 15 minutes or until tender. Drain and return to saucepan and mash. Let cool completely.

In large bowl, combine pork, onion, parsley, oregano, cumin, chili powder, salt and pepper. Add cooled potato and mix until evenly combined.

Roll into about 1 inch (2.5 cm) balls and place on plate.

In large nonstick skillet heat oil over medium high heat and add meatballs. Cook, shaking pan and turning meatballs for about 10 minutes. Add salsa; reduce heat and simmer, stirring gently for about 10 minutes or until no longer pink inside.

Tip: Use leftover mashed potatoes, about 3/4 cup (175 mL) if you have some from dinner the night before for the potatoes.

Per each of 4 servings: 350 calories, 16 g protein, 22 g fat, 21 g carbohydrates, 5 g fibre, 1070 mg sodium, 470 mg potassium

Excellent Source of Vitamin B1, Good Source of Vitamin B12, Source of Vitamins B2, B3 and C, Source of Fibre, Source o