



ISLAND MEATBALL APPETIZERS

- 1 lb lean ground beef (10% fat or less)
- $\frac{3}{4}$ cup **TSG Island Teriyaki Sauce & Marinade**
- $\frac{1}{4}$ cup chopped cilantro
- $\frac{3}{4}$ cup panko bread crumbs or plain dry breadcrumbs
- 1 tsp ground ginger
- $\frac{1}{2}$ tsp salt

1. Place ground beef in a medium bowl. Drizzle with half the TSG sauce and sprinkle with half the cilantro.
2. Stir together bread crumbs, ginger and salt. Sprinkle half of it over meat; blend in with the side of a large spoon.
3. Add remaining TSG sauce, cilantro, and bread crumb mixture to meat and blend in. The meat will be moist.
4. Lightly oil a large frying pan, even if its non-stick. Form meat into 1" diameter meatballs and place in frying pan.
5. Cook over medium-low heat about 12 minutes; turn over each meatball and cook another 12-15 minutes or until cooked through. Immediately remove to serving plate.
6. Serve warm with toothpicks and Zesty Teriyaki Peanut Sauce.

Makes about 40 appetizer meatballs

APPETIZER