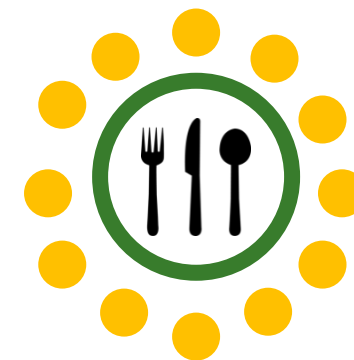


recipe of the week:

Asian Quinoa Meatballs



ingredients:	directions:
1 pound ground turkey	1. Preheat oven to 400 degrees F. Lightly oil a 9x13 baking dish or coat with nonstick spray.
¾ c cooked quinoa	2. In a large bowl, combine ground turkey, quinoa, garlic, onions, egg, soy sauce, sesame oil, Sriracha, salt and pepper, to taste. Using a wooden spoon or clean hands, stir until well combined. Roll the mixture into 1 1/4-to-1 1/2-inch meatballs, forming about 18-20 meatballs.
3 cloves garlic	3. Place meatballs onto the prepared baking dish and bake for 18-20 minutes, or until all sides are browned and meatballs are cooked through.
2 green onions, thinly sliced	4. To make the sauce, whisk together soy sauce, rice vinegar, ginger, sugar, sesame oil, Sriracha and 1/2 cup water in a small saucepan over medium high heat.
1 large egg	5. In a small bowl, whisk together cornstarch and 1 tablespoon water. Stir into soy sauce mixture until thickened, about 2 minutes.
1 tbsp. soy sauce	6. Serve meatballs immediately with sauce, garnished with green onion and sesame seeds.
2 tsp sesame oil	
1 tsp sriracha, or more, to taste	
kosher salt and freshly ground black pepper, to taste	
½ tsp sesame seeds	
Sauce	
¼ c soy sauce	
2 tbsp. rice vinegar	
1 tbsp. freshly grated ginger	
1 tbsp. brown sugar, packed	
1 tsp sesame oil	
1 tsp Sriracha, or more, to taste	
2 tsp cornstarch	

Presented by:

