

Bison Oven-Roasted Meatballs

Ingredients:

1 lb. ground lean bison
½ cup finely chopped mushrooms
1/3 cup finely chopped red onion
1 egg, beaten
2 cloves garlic, minced
1 tsp salt
1 tsp ground black pepper
1 tsp Italian seasoning
Dipping sauce, recipe follows

Dipping Sauce: makes about 1 cup

2/3 cup low fat mayonnaise
1/3 cup Dijon style mustard
3 Tbsp chopped green onions
In small bowl combine all ingredients. Stir to blend and serve.

Directions:

In medium bowl combine all ingredients except dipping sauce. Mix until well blended. Form into 24 meatballs about the size of a large walnut. Spray a jelly roll pan with non-stick cooking spray. Place meatballs on pan. Roast in preheated 400°F oven for 10 minutes. Serve with dipping sauce.

Nutrients per serving: calories 39; protein 4g;
carbohydrates .5g; iron .6g; fat 2g; cholesterol
20mg, sodium 116mg.