

Chicken and Tofu Meatballs

1 pound ground chicken
4 ounces of water packed tofu, drained and pressed
2 bell peppers, cored, finely chopped
1 medium onion, chopped
2 teaspoons ginger, chopped
2 eggs
1 teaspoon salt
½ teaspoon pepper

Preheat oven to 400 F.

In a medium mixing bowl add chicken. Crumble tofu into the chicken; mix well. Add the remaining ingredients; mix together. Line two sheet pans with parchment paper. Form chicken mixture into small balls; place on sheet pans. Place in oven for 15 to 18 minutes or until cooked through and browned.

Sweet and Sour Sauce

1/3 cup packed brown sugar
1 tablespoon cornstarch
1/3 cup vinegar
2 tablespoons catsup
1 tablespoon water
1 can (8-ounces) pineapple chunks in juice

In small saucepan over medium-low heat, stir together brown sugar, cornstarch, vinegar, catsup and water. Stir in pineapple chunks and juice; blend. Heat, stirring occasionally, until mixture comes to a boil and is thickened, about 10 minutes.

4 cups cooked rice (white or brown)

Serve meatballs over cooked rice with sauce.

Yield: 5 to 6 servings