



## Kids Can Cook

### Apple Meatball Kabobs

This sweet and savoury recipe will prove that apples aren't just for baking and snacking.

#### Ingredients:

- 1 cup whole wheat bread crumbs
- 1/4 cup grated Parmesan cheese
- 1 egg, lightly beaten
- 1 medium apple, cored and coarsely shredded
- 1 tablespoon Dijon mustard
- 1 tablespoon chopped fresh parsley
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 lb. uncooked ground turkey
- 2 tablespoons canola oil
- 1/2 cup apple juice or cider
- 1/4 cup maple syrup
- 1 tablespoon balsamic vinegar



#### Directions:

- In a large bowl combine bread crumbs, cheese, egg, apple, mustard, parsley, salt, and pepper. Mix well. Add turkey and mix to just combine. Shape into 12 two-inch meatballs.
- In a large skillet, heat oil over medium heat. Add meatballs. Cook about 15 minutes or until cooked through (165 degree F), turning frequently to brown evenly. (Or, make 24 1-1/4-inch meatballs and cook for 12 minutes.)
- Meanwhile, prepare glaze. In a small saucepan combine apple juice, maple syrup, and vinegar. Bring to boiling; reduce heat. Simmer, uncovered, for 15 minutes or until reduced by about half and is slightly thickened, stirring occasionally.
- Combine meatballs and glaze. Thread on skewers, if desired, to serve. Makes 4 servings.

Source: <https://bit.ly/2ZYRrJr>

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