

Cocktail Meatballs

1 Pound ground beef	1 sm Onion, chopped (about 1/4 cup)
1/2 c Dry bread crumbs	1 Egg
1/4 c Milk	1 tb Chopped fresh parsley
1/2 tsp Salt	1 Bottle (12 ounces) chili sauce
1/2 tsp Worcestershire sauce	1 Jar (10 ounces) grape jelly
1/4 tsp Pepper	

These were first featured in the 1956 Betty Crocker's Picture Cook.

Prepare Meatballs - except add parsley before mixing ingredients and shape into 1-inch balls.

Cook meatballs in 12-inch skillet over medium heat about 15 minutes, turning occasionally, until brown.

Remove meatballs from skillet; drain. Heat chili sauce and jelly in skillet, stirring constantly, until jelly is melted.

Add meatballs and stir until coated. Simmer uncovered 30 minutes. Serve hot with wooden picks.

ABOUT 5 DOZEN APPETIZERS; 40 CALORIES PER APPETIZER.

To Microwave: Prepare Meatballs - except add parsley before mixing ingredients and shape into 1-inch balls.

Arrange half of the meatballs in microwavable pie plate, 9 X 1-1/4 inches. Cover loosely and microwave on high 6 to 8 minutes (rearrange meatballs after 4 minutes) until no longer pink inside. Let stand 3 minutes; drain.

Repeat with remaining meatballs. Mix 1/2 cup chili sauce and 1/2 cup grape jelly in 2-quart microwaveable casserole.

Cover tightly and microwave on high 3 minutes or until jelly is melted. Stir in meatballs.

Cover tightly and microwave 2 to 4 minutes longer or until meatballs are hot.

When pressed for time, use meatballs that you have made ahead and frozen (just be sure they are thawed before you start the recipe).

You can also make these meatballs with ground turkey for a delicious, lower-fat change.