

Orange Teriyaki Meatballs

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF AKEISHA HAYDE

Servings: 4 Serving Size: 3 meatballs

Ingredients	Quantity	Measure
Gardein Meatballs	12	Ounces
Teriyaki glaze	1	Cup
Orange juice	½	Cup
Orange zest	1	Tablespoon
Garlic, minced	1	Tablespoon
Ginger, minced	1	Tablespoon
Scallions, thinly sliced	1	Tablespoon
Vegetable oil	1	Tablespoon
Broccoli rabe	1	Pound
Salt		To taste
Pepper		To taste
Garlic, minced	2	Teaspoons

Preparation

1. Roast Gardein Meatballs in oven until crisp on the outside.
2. In a saucepan, sauté ginger, garlic, and scallions.
3. Add orange juice, zest, and teriyaki glaze, bringing the sauce to a simmer. Reduce until sauce has thickened.
4. Add meatballs to sauce and gently simmer to heat through.
5. Char broccoli rabe on a grill and then season with oil, salt, garlic, and pepper.
6. Arrange broccoli rabe on serving platter, top with meatballs, and drizzle sauce over entire dish.

Nutrition Information *From USDA Nutrient Database

Calories: 319 Total Fat: 11.5g Saturated Fat: 3.6g Cholesterol: 8mg Sodium: 511mg Carbohydrate: 31g
Fiber: 7g Sugar: 8g Protein: 22.5g