

## MEATLESS "JINGLE" BALLS

*These make great hors d'oeuvres. Stick a frilled toothpick into each meatball and arrange on a platter with a small dish of sauce in the middle for dipping.*

1 1/4 cups cornbread stuffing, generic or Pepperidge Farm  
3/4 cup pecan meal  
1/3 cup minced fresh parsley (do not use dried)  
1 large sweet onion, finely chopped and browned in skillet in 1 tablespoon oil  
1/2 teaspoon ground cumin  
1 teaspoon sweet basil  
1/2 teaspoon oregano  
2 tablespoons liquid aminos  
1/2 cup water  
1 teaspoon McKay's chicken-style seasoning  
2 tablespoons flax seeds

1. Combine cornbread stuffing, pecan meal and parsley in a bowl.
2. Brown the onion very brown, then add cumin, basil, oregano and liquid aminos. When onions are well-coated, add onion mixture to the cornbread mixture.
3. In a blender, blend water, seasoning and flax seeds for 2 minutes. Scrape down sides of blender and blend until mixture gets very thick, about 2 more minutes.
4. Put flax mixture into a glass measuring cup, being careful to get most of it out of the blender, and cook in your microwave for 11-2 minutes. When mixture is cooked, add it to the above cornbread mixture and mix well.
5. Using a 1-tablespoon scoop, form balls on a 12 x 15-inch rectangle baking stone or cookie sheet, and bake at 350 degrees F for 25 minutes.

### SAUCE:

1 jar (10 ounces) Smuckers all-fruit seedless blackberry or black-raspberry jam  
1 jar (28 ounces) Classico sun-dried tomato sauce, or favorite

1. Melt jam in a medium saucepan. Add tomato sauce and mix well.
2. Spoon over meatballs when you serve. Serving note: If you are going to eat *all* the meatballs, you can add them to the sauce right before serving. If you think you will have leftovers, have your guests ladle the sauce over their meatballs individually.

Makes 60 single-meatball servings

*Nutrients per serving: Calories 51, Protein 1g,  
Carbohydrate 6g, Fat 4g, Cholesterol 0mg,  
Saturated Fat trace, Sodium 104mg, Dietary Fiber 0 g.*