

# Gingery Pork Meatballs with Noodles

*\$2.06/Serving*

## Ingredients

### Meatballs:

- 1/2 cup chopped fresh cilantro
- 1/4 cup dry breadcrumbs
- 1/4 cup finely chopped red onion
- 2 tablespoons lower-sodium soy sauce
- 2 teaspoons grated peeled fresh ginger
- 3 garlic cloves, minced
- 1 pound lean ground pork
- 1 large egg, lightly beaten

### Noodles:

- 8 ounces uncooked wide rice noodles
- 1 tablespoon dark sesame oil
- 1 cup red bell pepper strips
- 1 cup julienne-cut snow peas
- 1/2 teaspoon salt
- 1/2 teaspoon crushed red pepper
- 1/2 cup thinly sliced green onions



## Preparation

1. Place a foil-lined jelly-roll pan in the oven. Preheat the oven to 450°.
2. Combine first 8 ingredients in a large bowl; stir gently just until blended. Cover and chill 30 minutes. Divide pork mixture into 20 equal portions; shape each portion into a meatball. Arrange meatballs in a single layer on preheated pan. Bake at 450° for 20 minutes or until done.
3. Cook noodles according to package directions; drain. Rinse noodles under cool water; drain. Heat oil in a large nonstick skillet over medium-high heat. Add bell pepper, peas, salt, and crushed red pepper; cook 5 minutes, stirring occasionally. Add noodles; toss. Place 1 3/4 cups noodle mixture on each of 4 plates; top each serving with 5 meatballs. Sprinkle each serving with 2 tablespoons green onions.

## Nutritional Information

Calories 506	Poly fat 3.3 g	Carbohydrates 58.8 g
Fat 15.4 g	Mono saturated 6.2 g	Fiber 3.7 g
Sat fat 5.1 g	Protein 30.6 g	Cholesterol 138 mg
Iron 3.4 mg	Sodium 700 mg	Calcium 81 mg