



## **Honey Glazed Turkey Meatballs With Sweet Potato Mash**

Chef James Smith of the Compliments Culinary Centre at George Brown Chef School and a registered dietitian with Health Check™ teamed up to create this 30-minute entrée, demonstrating that nutritious cooking is deliciously doable. For more great recipes, visit [www.compliments.ca/recipes](http://www.compliments.ca/recipes)

50 mL (1/4 cup) Compliments Balance Honey Dijon Dressing  
32 Compliments Balance Extra Lean Turkey Meatballs  
500 mL (2 cups) cauliflower florets  
500 mL (2 cups) trimmed green beans  
2 sweet potatoes, peeled and chopped  
5 mL (1 tsp) ground coriander  
3 cloves garlic, minced  
2 mL (1/2 tsp) pepper

Heat half the dressing in a large skillet over medium heat. Add turkey meatballs and stir-fry until browned, about 4 minutes. Add 50 mL (1/4 cup) water, cover, reduce heat to low and simmer, stirring every few minutes until hot, about 8 minutes. Meanwhile, cook sweet potato in a saucepan of boiling water until fork tender, about 15 minutes. Drain. Mash with a fork until almost smooth and season with half the pepper. Cover and keep warm. In a large pot of boiling water, cook cauliflower and green beans for 2 minutes. Drain. Heat remaining dressing in another skillet over medium heat. Add cauliflower, green beans, coriander and garlic; sauté until heated through, about 3 minutes. Season with remaining pepper. Serve meatballs with spiced cauliflower, green beans and sweet potato mash. Serves 4.