**Easy Swedish Meatball Sauce**

1 cup beef stock

1 cup heavy cream

3 tablespoons all-purpose flour

1 tablespoon soy sauce

1 teaspoon ground black pepper

1/2 teaspoon dried rosemary

1/2 (20 ounce) package frozen cooked meatballs, thawed

Whisk together the beef stock, heavy cream, flour, soy sauce, black pepper, and rosemary in a large saucepan until smooth. Cook and stir over low heat until thickened, about 10 minutes, stirring occasionally. Stir in the meatballs, and continue cooking until meatballs are heated through, about 5 more minutes.

**Slow Cooker Buffalo Chicken Meatballs**

1 pound ground chicken

3/4 cup Panko bread crumbs

1 large egg

1/2 teaspoon garlic powder

1/2 teaspoon onion powder

2 green onions, thinly sliced

Kosher salt and freshly ground black pepper, to taste

3/4 cup buffalo sauce

1/4 cup blue cheese dressing

1. Preheat oven to 400 degrees F. Line a baking sheet with parchment paper or a silicone baking mat; set aside.
2. In a large bowl, combine ground chicken, Panko, egg, garlic and onion powder and green onions; season with salt and pepper, to taste. Using a wooden spoon or clean hands, stir until well combined. Roll the mixture into 1 1/4-to-1 1/2-inch meatballs, forming about 24 meatballs.
3. Place meatballs onto prepared baking sheet and bake for 4-5 minutes, or until all sides are browned.
4. Place meatballs into a slow cooker. Add buffalo sauce and gently toss to combine. Cover and cook on low heat for 2 hours.
5. Serve immediately, drizzled with blue cheese dressing, if desired.

**Holy Moly Cannoli Cones**

1 tbsp. Jell-O Sugar Free Fat Free Vanilla Instant pudding mix

1 cup fat-free ricotta cheese

2/3 cup Cool Whip Free (thawed)

2 1/2 tbsp. Splenda No Calorie Sweetener (granulated)

1 tbsp. powdered sugar

2 tbsp. mini semi-sweet chocolate chips, divided

6 sugar cones

## Directions

In a medium-large bowl, mix pudding mix, ricotta cheese, Cool Whip, Splenda, and sugar. Mix until combined and fluffy with an electric mixer set to high speed.  
  
Stir in 1 tbsp. chocolate chips. Transfer mixture to a large plastic bag and squeeze it down toward a bottom corner. Snip off that corner with scissors, creating a hole for piping mixture.  
  
Evenly pipe mixture into the cones. Top with remaining 1 tbsp. chocolate chips. Eat and enjoy!

MAKES 6 SERVINGS

**Italian Chocolate Meatball Cookies**

2 eggs  
1 box of Pillsbury Devil’s Food Cake Mix  
2 cups flour  
1/2 cup oil  
1/2 cup water  
1 tsp vanilla  
1 tsp cloves ( I use less than ½ tsp since family does not like this flavoring)  
1 tsp cinnamon  
1/4 cup chopped walnuts (optional)  
chocolate chips  (about 1 cup)

Beat the 2 eggs and add cake mix. Mix well by hand. Add the flour, oil, water. Mix. Add seasonings and nuts. Mix. I keep mixing the ingredients in order to keep mixture moist and so everything has been absorbed by the dough. Cover bowl with plastic wrap and let sit about 15 minutes to become more moist.

Have chocolate chips handy. Take dough, add 5 chocolate chips and roll into shape of a meatball. Place on ungreased cookie tray. We add chips to cookies as we roll them and not in the dough so that each cookie has an equal number of chips.

Bake at 325 degrees for 7-8 minutes on bottom rack, then move to top rack and bake an additional 7-8 minutes on top rack.

Cool on wire racks. When cooled, frost with a mixture of confectioner’s sugar and water or milk. Frosting should not be too thin or will run down cookies. Keep in tightly covered container.

Yield: about 26 - 28 cookies.

**Sweet Pepper Porcupine Balls**

2.5 lbs ground beef

4 eggs

¾ cup cooked rice

1 can tomato sauce

½ can water

Sliced yellow, red, and orange peppers.

Combine ground beef, eggs and rice together. Form balls. Combine tomato sauce, water and peppers and pour into a 9 x 13 casserole. Place balls on top. Bake at 350 for 30 – 40 minutes.

**Crab Meat Balls**

1 lb lump crab meat

20 Townhouse crackers, crushed

½ mayonnaise

1 large egg, beaten

½ T dried mustard

½ T Worcestershire sauce

2 t parsley

Salt and pepper to taste

Panko bread crumbs – for coating crab balls (cakes)

Shape into balls and coat with Panko bread crumbs. Place in or on a baking dish or tray coated with Pam. Refrigerate 1 hour. Bake at 350 for 15 minutes or fry using ¼ cup oil, or 1 tablespoon olive oil and 2 tablespoons of butter in a frying pan. Heat pan to medium heat and fry until golden brown turning frequently approximately 4 – 5 minutes on each side.

**Italian Meatball Biscuit Bake**

1 (22-oz.) pkg. frozen cooked Italian meatballs

1 (16.3-oz.) can Pillsbury™ Grands!™ Refrigerated Buttermilk Biscuits

1 (14-oz.) jar tomato pasta sauce

6 oz. (1 1/2 cups) shredded mozzarella cheese

Heat oven to 375°F. Spray 13x9-inch (3-quart) glass baking dish with nonstick cooking spray.

Place meatballs in large microwave-safe bowl. Microwave on MEDIUM for 3 to 5 minutes or until meatballs are thawed.

Separate dough into 8 biscuits. Cut each biscuit into 8 pieces; place in large bowl with meatballs. Add pasta sauce; toss to coat. Spoon and spread mixture in sprayed baking dish.

Bake at 375°F. for 30 to 40 minutes or until edges are deep golden brown and biscuit pieces are no longer doughy. Sprinkle with cheese; bake an additional 2 to 5 minutes or until cheese is melted. Let stand 10 minutes before serving.

**Meatball and Breadstick Sub Skewers**

1 box (9 oz) frozen chopped spinach

2 slices whole wheat sandwich bread, torn in pieces

¼ cup half-and-half

1 lb ground turkey

1 can Pillsbury™ refrigerated original breadsticks

1 cup shredded mozzarella cheese (4 oz)

2 cups tomato pasta sauce

Heat oven to 375°F. Line 2 large cookie sheets with parchment paper.

Microwave frozen spinach as directed on box; cool slightly. Squeeze dry with paper towels.

In medium bowl, mix bread pieces and half-and-half; let stand 1 minute. With fork, mash bread until well blended. Add spinach, turkey, 3/4 teaspoon salt and 1/4 teaspoon pepper; mix well. Shape mixture into 36 (1 1/2-inch) balls.

Unroll dough; separate into 12 breadsticks. Thread one end of a breadstick on 10-inch skewer; add 1 meatball, leaving 1/4 inch between dough and meatball. Repeat threading with breadstick and 2 additional meatballs. Place 1 inch apart on cookie sheet. Repeat with remaining breadsticks and meatballs.

Bake 18 to 22 minutes, rotating cookie sheets halfway through bake time, or until meatballs are no longer pink in center and meat thermometer in center of meatball reads 165°F. Sprinkle each meatball skewer with about 1 tablespoon cheese. Bake 3 to 4 minutes longer or until cheese is melted.

Meanwhile, in 1-quart saucepan, cook sauce over medium-low heat 3 to 4 minutes, stirring occasionally, or until thoroughly heated. Serve with meatball skewers.

**Meatball Bombs**

1 can (12 oz) Pillsbury Homestyle Butter Tastin' refrigerated biscuits

8 cooked Italian-style meatballs (if using frozen, let thaw completely)

1 cup marinara/pasta sauce

1 cup shredded cheese (mozzarella or Italian blend)

4 tablespoons butter, melted

2 garlic cloves, minced

1/2 teaspoon Italian seasoning

pinch of salt

1. Preheat oven to 350°F. Line a baking sheet with parchment paper or a silicone baking mat. Set aside.
2. Using your hands or a rolling pin, flatten each biscuit into a 4 inch round.
3. Place 1 meatball and 2 tablespoons marinara in center of each dough round. Top with 2 tablespoons of cheese.
4. Wrap dough around meatball and cheese, pressing edges to seal. Place seam side down, leaving room for spreading on prepared baking sheet. Continue until all biscuits have been completed.
5. In a small bowl, whisk together melted butter, garlic, Italian seasoning and salt. Evenly spoon on top of each biscuit.
6. Bake for 18 to 20 minutes, or until golden brown. Serve warm!

**Italian Sausage Crescent Cheese Balls**

1 lb ground bulk Italian sausage

1 ½ teaspoons dried basil leaves

½ teaspoon crushed red pepper flakes

2 cups shredded mozzarella cheese (8 oz)

1 can (8 oz) Pillsbury™ refrigerated crescent dinner rolls or 1 can (8 oz) Pillsbury™ refrigerated crescent dough sheet

2 tablespoons all-purpose flour

3 tablespoons grated Parmesan cheese

Heat oven to 375°F. Line two 15x10x1-inch pans with cooking parchment paper; spray with cooking spray. In large bowl, mix sausage, basil, pepper flakes and mozzarella cheese until well blended.

Unroll dough on work surface. If using crescent roll dough, firmly press perforations to seal. Sprinkle each side with 1 tablespoon flour. Using pizza cutter or knife, cut dough into about 1/4-inch pieces. Mix crescent dough pieces into bowl of sausage mixture in small amounts until well blended.

Shape sausage mixture into 1 1/4-inch balls; place on pans. Sprinkle with Parmesan cheese. Bake 16 to 18 minutes or until golden brown.

**Kahlua Balls**

3 cups crushed graham crackers

3/4 cup powdered sugar

1/4 cup dark cocoa powder

1 1/2 cups finely chopped semisweet chocolate

1 tsp pure vanilla extract

3 Tbsp agave

1/3 cup Kahlua

3 Tbsp brewed coffee

1/2 cup granulated sugar, for rolling

In a large bowl, whisk together the crushed graham crackers, powdered sugar, cocoa powder, and chocolate. Stir in the vanilla, agave, Kahlua, and coffee until the dough comes together. Shape the dough into 1″ balls. Roll them each in the granulated sugar. Store in an airtight container in the refrigerator for 2-3 days to develop the flavor. Makes 15-20 balls.