



SOUR CREAM MEATBALLS

Serves 4

10 OUNCES
beef round trimmed of fat
and ground

1
small onion, chopped

1 CUP
unsalted brown stock or
unsalted chicken stock

1/4 CUP
rolled oats

1 TABLESPOON
chopped fresh parsley

1/4 TEASPOON
grated nutmeg

GRAZED ZEST OF 1 LEMON

FRESHLY GROUND BLACK
PEPPER

1 TEASPOON
cornstarch, mixed with

1 TABLESPOON
water

1 TABLESPOON
plain low-fat yogurt

1 TEASPOON
sour cream

1 TEASPOON
capers, rinsed and chopped

Put the onion in a 1-quart baking dish. Cover the dish and microwave the onion on high for 3 minutes. Transfer the onion to a bowl. Pour the stock into the baking dish and cook it on high until it comes to a simmer - about 4 minutes.

While the stock is heating, add the beef, rolled oats, 1/2 tablespoon of the parsley, the nutmeg, the lemon zest and a liberal grinding of pepper to the onion. Knead the mixture to mix it well, then form it into 16 meatballs. Drop the meatballs into the heated stock and cook them covered on high for 4 minutes.

Using a slotted spoon, transfer the meatballs to a serving dish. Discard all but 1/2 cup of the cooking liquid in the baking dish; stir the cornstarch mixture into the remaining liquid. Cook the mixture on high until it thickens - about 30 seconds. Let the thickened stock cool for 1 minute, then stir in the yogurt, sour cream, capers and the remaining 1/2 tablespoon of parsley. Pour the sauce over the meatballs and serve them while they are still hot.

