

Sweet & Sour Meatballs

#1 { $\frac{1}{2}$ c water
 $\frac{1}{3}$ c packed dk br sugar
 $\frac{1}{4}$ c lemon juice
1 Tbsp catsup

#2 { $\frac{3}{4}$ lb gr round
1 egg
 $\frac{1}{4}$ c dry bread crumbs
 $\frac{1}{4}$ tsp. salt
dash pepper

About 30 min. before serving
In medium saucepan combine #1 - Heat to boiling point

Meanwhile in medium bowl combine #2. Shape into 30 small meatballs, add to sauce and cook about 30 min. Serve with Toothpicks

35 cal. per meatballs