

Apple & Oat Pork Bites



Ingredients

1 lb / 0.5 kg lean ground pork
1 cup / 250 mL quick-cooking oats
1 medium-size red apple, finely chopped
¼ cup / 50 mL finely chopped yellow onion
¼ cup / 50 mL finely chopped green bell pepper
1 whole egg or 2 egg whites, slightly beaten
¼ cup / 50 mL tomato ketchup
1 tsp / 5 mL salt
½ tsp / 2 mL EACH ground black pepper and dry mustard
Pinch ground cloves

Directions

1. Preheat oven to 375°F.
2. In large bowl, gently combine all ingredients; do not overmix.
3. Lightly grease 12-cup muffin tin pan or line muffin cups with nonstick parchment baking cups for easier cleanup. Scoop and lightly pack mixture evenly into prepared muffin cups.
4. Bake 25-30 minutes or until instant-read meat thermometer registers 160°F and tops are nicely browned.

Tip: To enhance the flavour, mix ingredients ahead of time and refrigerate 8-12 hours. Bring mixture to room temperature before baking.

Additional Info

- **Cut:** Ground pork
- **Prep Time (Minutes):** 20
- **Cook Time (Minutes):** 30
- **Number of Servings:** Makes 12 muffins