

Chicken Meatballs & Creamy Polenta

with Tomato Sugo & Lacinato Kale

Tomato “sugo” (or sauce) is a cornerstone of classic Italian cooking. And chefs, it takes only a few delicious ingredients to make a truly irresistible sugo. Ours combines hand-crushed tomatoes and garlic, which we’re simmering with Lacinato kale and traditionally seasoned chicken meatballs. With creamy polenta and a dusting of Parmesan cheese, this dish is everything we love about great Italian food: simple, comforting and richly flavorful.



Ingredients

- 10 Ounces Ground Chicken
- $\frac{3}{4}$ Cup Polenta
- 1 14-Ounce Can Whole Peeled Tomatoes
- 4 Cloves Garlic
- $\frac{1}{2}$ Bunch Lacinato Kale

Knick Knacks

- 2 Tablespoons Butter
- 2 Tablespoons Whole Wheat Breadcrumbs
- $\frac{1}{2}$ Cup Grated Parmesan Cheese
- 2 Teaspoons Chicken Meatball Spice Blend
(Onion Powder, Garlic Powder, Ground Fennel Seed, Ground Bay Leaf & Ground Cayenne Pepper)

Makes 2 Servings

About 645 Calories Per Serving

Prep Time: 5 min | Cook Time: 15 to 25 min



1



Prepare the ingredients:

Wash and dry the fresh produce. In a medium pot, heat **3 cups of water** and a **big pinch of salt** to boiling on high. Peel and mince the garlic. Remove and discard the kale stems; thinly slice the leaves. Place the tomatoes in a bowl; gently break apart with your hands.

2



Cook the polenta:

Slowly add the **polenta** to the pot of boiling water, whisking to break up any clumps. Reduce the heat to low and simmer, whisking occasionally, 10 to 12 minutes, or until thickened and tender. (If the polenta seems too thick, gradually add up to ¼ cup of water to achieve your desired consistency.) Remove from heat and whisk in the **butter** until thoroughly combined; season with salt and pepper to taste. Set aside in a warm place.

3



Form the meatballs:

While the polenta cooks, in a large bowl, combine the **ground chicken**, **breadcrumbs**, **spice blend**, **half the cheese** and **half the garlic**; season with salt and pepper. Gently mix until just combined. Using your hands, form the mixture into 12 to 14 equal-sized meatballs.

4



Brown the meatballs:

While the polenta continues to cook, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **meatballs** and cook, turning occasionally, 4 to 6 minutes, or until browned on all sides.

5



Make the tomato sugo & finish the meatballs:

Add the **kale** and **remaining garlic** to the pan of meatballs; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until the kale has wilted. Add the **tomatoes** and ½ cup of **water** and cook, stirring occasionally, 4 to 6 minutes, or until the sauce has thickened and the meatballs are cooked through. Remove from heat and season with salt and pepper to taste.

6



Serve your dish:

Divide the **cooked polenta** between 2 dishes. Top with the **finished meatballs and tomato sugo**. Garnish with the **remaining cheese**. Enjoy!