

## Chicken Quinoa Meatballs with Braised Kale

### Braised kale:

2 Tbsp.	Olive oil
1 lg.	Shallot, minced
3 cloves	Garlic, minced
1/3 cup	White wine
3 bunches	Tuscan kale or lacinato kale
2 cups	Chicken stock
T.t.	Salt and pepper
1	Parmesan cheese rind

### Meatballs:

2 lbs.	Ground chicken
1 cup	Quinoa, cooked
2	Eggs
¼ cup	Parmesan cheese, grated
1 Tbsp.	Garlic, minced
1 Tbsp.	Parsley, chopped
¾ tsp.	Salt
½ tsp.	Pepper, ground fresh

### Marinara sauce:

2	Cloves garlic, large
2 Tbsp.	Olive oil, extra virgin
2-3 Tbsp.	Onion, small dice
¼ tsp.	Crushed red pepper
t.t	Salt and pepper
1/3 cup	Wine, white
¾ cup	Chicken stock
2 (28oz.) cans	Tomato, canned, crushed
1 tsp.	Sugar

Optional	Parmesan cheese, to garnish
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### Method of Preparation:

1. To make the braised kale, heat the olive oil in a 3 quart sauce pot over medium low heat. Add the shallot and garlic and sweat until translucent, but no color. Deglaze with the wine and simmer for 2-3 minutes. Add the kale, chicken stock and cheese rind and simmer over low heat for 30-45 minutes. Kale should begin to break down and become tender. Season to taste with salt and pepper. Remove cheese rind before serving.

2. To make the meatballs, preheat the oven to 400°F and spray a baking sheet with pan spray; set aside until ready to use.
3. Combine all of the ingredients to make the meatballs and mix well. Using a small ice cream scoop about 1 ½ inches, scoop meatballs onto the baking sheet. Recipe will yield about 35 each. Bake for 12-15 minutes or until meatballs are fully cooked and they are no longer pink on the interior. (Meatballs can also be cooked on convection steam for 10 minutes at 375°F.) Once meatballs are cooked, they can be added to the marinara sauce and kept warm.
4. To make the marinara sauce, add the garlic, olive oil and onions to a medium size pot and sweat over low heat. Add crushed red pepper, salt and pepper. Deglaze with wine then let simmer for about 2 minutes. Add chicken stock and simmer for another 5 minutes. Add tomatoes and sugar and simmer for 5 minutes. Keep warm until ready to serve.
5. To serve, place a scoop of the kale in a bowl and top with a scoop of the meatballs and sauce. Top with a generous amount of freshly grated cheese.