

Chicken Parmesan Meatballs with Casarecce With a Tomato White Wine Butter Sauce

August 2014 by Camine Pappas/serves 4

INGREDIENTS MEATBALLS:

1 lb ground organic chicken
½ C grated parmigiano reggiano cheese
½ C Italian bread crumbs
1 large egg
¼ C chopped sweet onion
1 t dried oregano
1 t red chili flakes
2 cloves garlic, chopped finely
Salt and pepper

INGREDIENTS SAUCE:

1 10 oz can diced tomatoes with oregano and garlic flavor, drained
¼ green pepper, chopped
¼ C white onion chopped
2 cloves garlic chopped
1 T of fresh basil (reserve some for garnish)
½ C sweet white dessert wine like a Muscato
¼ C chicken broth (low sodium)
1 T cornstarch
2 T butter
3 T olive oil
2 C uncooked casarecce pasta



DIRECTIONS:

Mix meatball ingredients together. Add salt and pepper to your taste. I added about 1 t salt and ½ t pepper to meatballs. Form into 1 and a half inch balls. In a large sauté pan, heat 3 T olive oil to shimmering. Brown the meatballs on both sides. About 2 minutes each side. Remove and cover with foil. Add the green pepper, the rest of the onion, the rest of the garlic and sweat. Add the wine and reduce for about 3 minutes. Add the tomatoes, the stock, salt and pepper, and heat through. Place the meatballs back in the pan, sprinkle with the basil, cover and let braise for about 10 minutes while the pasta cooks to al dente. With a slotted spoon, add the pasta to the sauce and meatball mixture, and cook for about another 2 to 3 minutes. Remove lid, take out about ¼ C of the liquid and whisk with the cornstarch. Put back in the pan, take off heat, and stir to thicken. SERVE!