

Rosemary Sweet and Savory Chicken Meatballs

With Cherry Balsamic Cabernet Reduction,
Mediterranean Rice, and Roasted Vegetables

Serves 4 - 6

May 2015, by Camine Pappas

INGREDIENTS:

1 ½ lbs lean ground chicken
Half pkg Jimmy Dean Hot Sausage
1 extra large egg
3 cloves garlic, minced
1/3 C plain bread crumbs
1 ½ t fresh rosemary chopped finely
½ C golden raisins
¼ C white onion diced small
2-3 T cream to moisten
3 C cooked white jasmine rice
4 T butter
1/3 C cherry preserves
¼ C cabernet wine
3 T sweet balsamic like cherry or fig
½ T each cinnamon, curry powder, cumin, ginger powder
Salt and Pepper
2 T olive oil



DIRECTIONS:

Cook the jasmine rice according to directions. When done, add 2 T butter and the cinnamon, ginger, cumin and curry. Then add salt and pepper to taste.

While rice is cooking, and in a large bowl, mix the chicken, sausage, garlic, egg, breadcrumbs, raisins, onion, rosemary, cream and about 1 t salt and ½ t pepper and some cream, about 1 T to moisten. Blend thoroughly and form into small patties, or large meatballs. Makes about 16. Heat a large skillet to medium high and when hot add the burgers, searing on each side for about 3 minutes, until golden but not cooked through. Remove and set aside with foil covering the plate. In the pan, drain the oil, and add the balsamic, preserves and wine. Reduce down for about 8 minutes, then add about 2 T butter and a little salt. Return burgers to pan, and cook on medium low until they're cooked through. About 5-6 minutes. Serve over the seasoned rice and plate with your choice of roasted vegetables. I used yellow peppers and asparagus.