

A Sutherland Belle

"Tuscan" Chicken Meatballs in a Creamy Sun-Dried Tomato Artichoke Heart Dijon Sauce

INGREDIENTS

Chicken Meatballs

- 1 pound ground chicken
- 1 medium onion grated
- ¼ cup fresh oats
- 1 teaspoon salt
- 1 teaspoon dried oregano
- 1 teaspoon garlic powder
- 3 tablespoons sundried tomatoes finely chopped
- 1 large egg, slightly beaten
- ¼ cup fresh basil, chopped

Creamy Sauce

- 1 tablespoon unsalted butter
- 4 cloves garlic minced
- 1/4 cup sundried tomatoes finely chopped
- 1 teaspoon dried oregano
- ¾ cup parmesan cheese freshly grated
- ½ cup chicken stock
- ¾ cup heavy cream or half-and-half
- 1 tablespoon Dijon mustard
- 1 (14-ounce) can of small artichoke hearts, drained and halved
- 3 ounces spinach fresh

INSTRUCTIONS

1. Preheat the oven to 400° F.
2. In a large bowl, combine all meatball ingredients. Using a 1-inch cookie scoop, scoop out the meatballs and then form them into meatballs by rolling them in between wet palms (wetting your hands helps to prevent the meat from sticking to your hands). Add to a parchment-lined rimmed baking sheet. Bake for 10-12 minutes (or until cooked through) on the top rack of the oven.
3. While the meatballs are cooking, make the sauce. In a large skillet, melt the butter over medium-low heat.
4. Add garlic and chopped sundried tomatoes. Cook for 2 minutes, stirring frequently.

5. Add oregano, cream, chicken broth, and mustard. Stir and allow the liquid to come to a gentle boil. Turn the heat to low and add parmesan cheese. Cook for 2-3 minutes.
6. Add the artichoke hearts and spinach and let wilt.
7. Add the meatballs once finished baking to the skillet with the sauce. Coat them with the sauce and let simmer for another 2-3 minutes.
8. Top with fresh basil and serve. Serve with meatballs with mashed potatoes or your favorite pasta.