

Italian Chicken Meatballs with Tomato, Basil, and Squash

2 SERVINGS | HANDS ON TIME: 10 minutes | TOTAL TIME: 30 minutes

Windy Meadows Family Farm Italian Chicken Sausage, thawed
Gundermann Acres Summer Squash, washed, ends trimmed
South Texas Organics 1015 Sweet Onion, ends trimmed, outer paper layer discarded
Johnson's Backyard Garden Tomatoes, washed
Johnson's Backyard Garden Basil, leaves picked, washed
Farmhouse Kitchen-prepared AustiNuts Pecan Meal
Farmhouse Kitchen Tomato Vinaigrette, stirred well before use
Sea salt and fresh cracked black pepper
Olive oil

Preheat oven to 400°F degrees and adjust oven rack to middle position.

STEP 1 Prepare the vegetables. Chop the onion into slivers, about 1/2" thick. Cut the squash into 1/2" thick half moons. Halve the tomatoes. Set vegetables aside.

STEP 2 Add the Italian chicken sausage and pecan meal to a bowl. Fold to evenly combine and distribute the pecan meal with the sausage. Form 10-12 meatballs (about the size of a ping-pong ball) and set aside.

STEP 3 Place a large saute pan or skillet over medium heat. Add 1 tbsp. of oil and swirl to coat the bottom of the pan. Add the meatballs in a single layer, leaving space in between. Brown the meatballs all over, about 5-6 minutes. Transfer the meatballs to a clean plate.

STEP 4 Return the pan over medium heat. There should be at least 1 tbsp. of oil in the pan. Add more oil, if needed. Add the chopped onion and saute for 2-3 minutes. Add the chopped squash and saute for 2-3 minutes. Season with 1/2 tsp. salt and pepper. Nestle the chicken meatballs in the pan and sprinkle the tomatoes all around. Add the pan to the oven and bake for 10-12 minutes or until the internal temperature of the meatballs reaches 165°F

STEP 5 Immediately before serving, pour the tomato vinaigrette over the meatballs and vegetables. Stir to combine and season with salt and pepper to taste. Tear the basil with your hands and add to the hot pan. Enjoy!

(Note: You can make this meal entirely on a sheet pan. Line a rimmed baking sheet with foil. Add all of the chopped vegetables and drizzle with 2 tbsp. oil. Season with 1/2 tsp. salt and pepper, and toss to coat. Nestle the chicken meatballs amongst the vegetables and roast at 400°F for 20-25 minutes. Broil for 2-3 minutes to brown the meatballs.)