

## Chicken Italian Sausage Meatballs with red quinoa

You can buy red quinoa at Whole Foods in the bulk aisle. To prepare, first rinse it very well in a fine-mesh strainer, then place in a medium sauce pot, cover by an inch or two with cold water, bring to a boil, and boil gently for 12-15 minutes. Drain. When it cools, store in the fridge for quick morning porridges or meatball making.

Makes 25 meatballs

1 pound chicken **Italian** sausages (I used sweet ones, but you can use hot)

1/2 cup Parmesan cheese

1 egg, lightly beaten

3/4 cup cooked red quinoa

Your favorite marinara sauce, for serving (from a jar is fine)

Preheat the oven to 375 degrees. Coat a broiler pan with cooking spray and set aside.

If your sausage has casings (mine did), slit them and force the gooey meat into a large mixing bowl. Add the cheese, egg, and cooked quinoa, and stir well with a fork to combine.

Set a large nonstick skillet over medium high heat. Coat with cooking spray. Portion the meatball mixture using a 1-1/2" scoop and drop about half of the balls into the hot skillet. (Do not crowd.) Brown deeply on all sides. Using tongs, carefully remove to the greased broiler pan. Repeat with the second batch.

Place the meatballs in the hot oven and cook for about 16 to 20 minutes, or until the meatballs are dark brown and cooked through but still juicy inside.

I served these on little skewers with some marinara (from a jar!) for dipping. They really don't require pasta, and I do not say those words lightly.