



FARMERS MARKET

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Mexican Chicken Meatball Subs

Serves 4

Ingredients

Meatballs

- 1 egg
- ¼ cup yellow cornmeal
- 1 tsp. paprika
- ½ tsp. each dried oregano
- ½ tsp. salt
- ½ tsp. ground cumin
- ¼ tsp. ground black pepper
- 1 pound uncooked ground chicken

Vegetables

- 1 medium green pepper, seeded and cut into thin strips
- 1 medium onion, halved and thinly sliced
- 1 medium fresh jalapeno pepper, seeded if desired and thinly sliced (optional)
- 1 tbl. canola oil
- 1 cup cherry or grape tomatoes, halved
- 2 cloves garlic, minced

Assembly

- 4 hoagie rolls or long sandwich rolls
- 1 cup shredded cheddar
- ½ cup sour cream and/or guacamole
- ¼ cup fresh cilantro leaves
- Lime wedges (optional)

For meatballs: In a medium bowl, lightly beat egg. Stir in cornmeal, paprika, oregano, salt, cumin and black pepper. Add chicken; mix well. Shape mixture into sixteen 1-½ inch meatballs or 12 1-¾ inch meatballs. (Depending on the length of your rolls, you might fit three or four meatballs in each, so use your best guess for how many meatballs will fit in your rolls.) Place on a foil lined baking pan.

Bake in a 375° oven for 12 to 14 minutes or until meatballs are cooked through. Remove from oven; keep warm. Increase the oven temperature to 425°.

Meanwhile, prepare the vegetables. In a large skillet, cook sweet green pepper, onion, and if you like, jalapeno pepper, in hot oil over medium heat for 7 minutes or until crisp-tender,

stirring occasionally. Add tomatoes and garlic; cook for 2 minutes more or until tomatoes are just softened, stirring occasionally.

To assemble sandwiches, place open hoagie rolls on a baking sheet. Bake 5 minutes or until toasted. Divide meatballs among toasted hoagie rolls. Top evenly with warm vegetables. Sprinkle with cheese. Bake sandwiches 5 minutes more to melt cheese.

To serve, top sandwiches with sour cream and/or guacamole and cilantro. If you like, pass lime wedges to squeeze over sandwiches.

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