



Turkey Albondigas (Meatballs) with Sofrito, Crispy Polenta

By Chef Michelle Bernstein



"This recipe is more of a Latin-style meatball and it's really great for parties and big groups. I mean, who doesn't love a really good meatball? I know I do!"

Chef Michelle is an actual patient and has been compensated for her time. Individual results may vary.

Turkey Albondigas (Meatballs)

Ingredients:

- 2 tablespoons olive oil
- 3 garlic cloves, chopped fine
- ½ cup yellow onion, small diced
- 1 pound ground turkey
- ½ cup breadcrumbs
- ¼ cup Greek yogurt
- 2 tablespoons cilantro, finely chopped with stems
- 2 tablespoons Italian parsley leaves, finely chopped
- Salt and black pepper
- Nonstick cooking spray
- Prepared sofrito sauce (recipe below)
- ½ cup–1 cup chicken stock, as needed
- Nice skewers for serving, if desired

Directions:



Step 1

Preheat your oven to 400°F. Spray a rimmed baking sheet with nonstick cooking spray.



Step 2

Heat the olive oil over medium heat in a small sauté pan. Cook the garlic and onion until soft but not browned. Remove from the heat and allow to cool.



Step 3

Mix all ingredients together in a large bowl. Use a scooper to portion the meatballs. Transfer to the prepared baking sheet and cook the meatballs for about 12–15 minutes, until golden brown and cooked through.



Step 4

For a quick dish, you can serve the meatballs topped with the sofrito sauce. If you have the time, simmer the meatballs in the sofrito sauce with a ½ cup of chicken broth for about 8–10 minutes to marry the flavors.



Step 5

Serve with crispy polenta or your favorite topping.

Recipe continued on next page.



Turkey Albondigas (Meatballs) with Sofrito, Crispy Polenta (continued)

Sofrito Sauce

Ingredients:

½ tablespoon olive oil
 ½ cup yellow onion, minced
 ½ cup red bell peppers, seeded and minced
 1 clove garlic, minced
 ½ teaspoon dried oregano
 ¼ teaspoon smoked paprika
 ½ teaspoon ground cumin
 Pinch red chili flakes
 1 beefsteak tomato, diced
 1 cup tomato sauce
 ½ cup water
 Kosher salt
 Black pepper
 ¼ bunch cilantro, left whole
 2 tablespoons capers
 2 tablespoons golden raisins

Directions:



Step 1

In a medium pot, heat the olive oil over medium heat. Cook the onions, red bell peppers, and garlic until soft but not browned.



Step 2

Add the spices and cook for 1–2 minutes, until fragrant. Add the fresh tomatoes and cook for 1–2 minutes.



Step 3

Add the tomato sauce, bring to a simmer, and cook 1–2 minutes. Add the water and bring to a simmer. Season with salt and pepper.



Step 4

Add the cilantro and dot with capers and raisins. Simmer the sauce on low heat while you cook the meatballs.



Turkey Albondigas (Meatballs) with Sofrito, Crispy Polenta

(continued)

Crispy Polenta

Ingredients:

2 cups water
½ teaspoon salt
1 tablespoon olive oil
1 cup yellow polenta, coarse ground
Nonstick cooking spray

For Frying:

2 tablespoons olive oil
1 tablespoon unsalted butter
Salt, if desired
Grated parmesan, if desired

Directions:

Step 1

Bring the water, salt, and olive oil to a boil.
While the mixture is boiling, slowly whisk in the polenta.

Step 2

Reduce to a simmer and cook, stirring often, for about an hour until the mixture begins to pull away from the side of the pan when you stir.

Step 3

Generously spray a small, rimmed baking sheet, cake pan, or similar shaped baking dish with nonstick cooking oil. Transfer the cooked polenta to the dish, using a rubber spatula to smooth the top as much as possible.

Step 4

Allow to cool, uncovered, at room temperature.
Once cool, cover and place into the refrigerator overnight.

Step 5

The next day, cut into your favorite shape (use a round cutter, and cut into squares or rectangles, etc.)

Step 6

In a small sauté pan, heat the olive oil and butter on medium high heat. Once the oil is hot, carefully add the polenta a few pieces at a time. Be careful not to overcrowd the pan.

Step 7

Cook until golden brown, flip over, and repeat.
Remove immediately and drain on a paper-lined plate.
Season with salt and grated parmesan, if desired.

TIPS TO HELP WITH YOUR NEXT DOCTOR'S APPOINTMENT

Here are 4 tips that can help you reflect on your psoriatic arthritis symptoms and discuss treatment options with your doctor.

TIP 1: Reflect on Your Symptoms

Take a moment to think about how psoriatic arthritis is impacting your day-to-day life. Where are you experiencing symptoms like joint pain, swelling, and tenderness, and how painful are they?

Which daily activities are affected by your psoriatic arthritis symptoms? Check all that apply.

Exercising ☐ Running Errands ☐ Getting out of Bed ☐ Other ☐
Gripping ☐ Preparing Meals ☐ Getting Dressed ☐

TIP 2: Reflect on Your Treatment

Circle the face that best expresses your level of satisfaction with your current treatment.



Very
Unsatisfied



Unsatisfied



Indifferent



Satisfied



Completely
Satisfied

☐ I'm not currently treating my psoriatic arthritis.

TIP 3: Speak Up

Now that you've spent time reflecting, make sure you tell your doctor about your symptoms and how they're really making you feel.

TIP 4: Advocate for Yourself

In addition to speaking up, explore your treatment options with your doctor. Ask the questions below to find out if COSENTYX® is right for you:

1. What makes COSENTYX different?
2. Do you think COSENTYX is right for me?
3. What are the benefits and risks of treating with COSENTYX?

INDICATIONS

COSENTYX® (secukinumab) is a prescription medicine used to treat:

- people 6 years of age and older with moderate to severe plaque psoriasis (PsO) that involves large areas or many areas of the body, and who may benefit from taking injections or pills (systemic therapy) or phototherapy (treatment using ultraviolet or UV light alone or with systemic therapy)
- people 2 years of age and older with active psoriatic arthritis (PsA)
- adults with active ankylosing spondylitis (AS)
- adults with active non-radiographic axial spondyloarthritis (nr-axSpA) and objective signs of inflammation
- people 4 years of age and older with active enthesitis-related arthritis (ERA)
- adults with moderate to severe hidradenitis suppurativa (HS)

IMPORTANT SAFETY INFORMATION

Do not use COSENTYX if you have had a severe allergic reaction to secukinumab or any of the other ingredients in COSENTYX. See the Medication Guide for a complete list of ingredients.

Please see additional Important Safety Information on the next page.

Click here for full [Prescribing Information](#), including [Medication Guide](#).

Visit [COSENTYX.com](https://www.cosentyx.com) for more information.

IMPORTANT SAFETY INFORMATION (cont)

What is the most important information I should know about COSENTYX?

COSENTYX is a medicine that affects your immune system. COSENTYX may increase your risk of having serious side effects such as:

Infections

COSENTYX may lower the ability of your immune system to fight infections and may increase your risk of infections. Some people have had serious infections while taking COSENTYX, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses. Some people have died from these infections.

- Your doctor should check you for TB before starting treatment with COSENTYX.
- If your doctor feels that you are at risk for TB, you may be treated with medicine for TB before you begin treatment with COSENTYX and during treatment with COSENTYX.
- Your doctor should watch you closely for signs and symptoms of TB during treatment with COSENTYX. **Do not take COSENTYX if you have an active TB infection.**

Before starting COSENTYX, tell your doctor if you:

- are being treated for an infection
- have an infection that does not go away or that keeps coming back
- have TB or have been in close contact with someone with TB
- think you have an infection or have symptoms of an infection such as: fevers, sweats, or chills; muscle aches; cough; shortness of breath; blood in your phlegm; weight loss; warm, red, or painful skin or sores on your body; diarrhea or stomach pain; burning when you urinate or urinate more often than normal

After starting COSENTYX, call your doctor right away if you have any signs of infection listed above. Do not use COSENTYX if you have any signs of infection unless you are instructed to by your doctor.

What are the possible side effects of COSENTYX?

COSENTYX may cause serious side effects, including:

Serious allergic reactions

Serious allergic reactions can occur. Get emergency medical help right away if you get any of the following symptoms: feeling faint; swelling of your face, eyelids, lips, mouth, tongue, or throat; trouble breathing or throat tightness; chest tightness; skin rash or hives (red, itchy bumps).

If you have a severe allergic reaction, do not give another injection of COSENTYX.

Inflammatory bowel disease

New cases of inflammatory bowel disease or “flare-ups” can happen with COSENTYX, and can sometimes be serious. If you have inflammatory bowel disease (ulcerative colitis or Crohn's disease), tell your doctor if you have worsening disease symptoms during treatment with COSENTYX or develop new symptoms of stomach pain or diarrhea.

Severe skin reactions that look like eczema can happen during treatment with COSENTYX from days to months after your first dose and can sometimes lead to hospitalization. Your doctor may temporarily stop treatment with COSENTYX if you develop severe skin reactions. Tell your doctor if you have any of the following signs or symptoms: redness or rash; itching; small bumps or patches; your skin is dry or feels like leather; blisters on the hands or feet that ooze or become crusty or skin peeling.

The most common side effects of COSENTYX include: cold symptoms, diarrhea, and upper respiratory tract infections.

These are not all of the possible side effects of COSENTYX. Call your doctor for medical advice about side effects.

Before using COSENTYX, tell your doctor if you:

- have any of the conditions or symptoms listed above for infections.
- have inflammatory bowel disease (Crohn's disease or ulcerative colitis).
- are allergic to latex. The needle cap on the COSENTYX Sensoready[®] pen, and 150 mg/mL and 75 mg/0.5 mL prefilled syringes contains latex.
- have recently received or are scheduled to receive an immunization (vaccine). People who take COSENTYX **should not** receive live vaccines. Children should be brought up to date with all vaccines before starting COSENTYX.
- have any other medical conditions and all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Keep a list of your medicines to show your healthcare provider and pharmacist when you get a new medicine.
- are pregnant or plan to become pregnant. It is not known if COSENTYX can harm your unborn baby. You and your doctor should decide if you will use COSENTYX.
- are breastfeeding or plan to breastfeed. It is not known if COSENTYX passes into your breast milk.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see full **Prescribing Information**, including **Medication Guide**.

Visit COSENTYX.com for more information.



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8/24

FA-11241455

