

Chicken Polenta Balls For Dogs

Ingredients

- 2 kg (2.2 lbs.) Chicken breasts
- 4 cups of leafy greens
- 1 cup of Polenta 500 ml
- (4 cups) water
- 1/2 cup of vegetable oil



Directions

1. Preheat the oven to 350 degrees Fahrenheit (180 degrees Celsius).
2. Rub the chicken breasts with a few teaspoons of olive oil. Boneless, skinless chicken is low in fat, and can dry out very easily in the oven. (note: you can use an olive oil or canola oil)
3. Spread some olive oil in a baking pan this helps keep the chicken from sticking.
4. Place the chicken in the pan. Place the pan on the middle rack of the pre-heated oven.
5. Bake the chicken for about 30-40 minutes or until the juices run clear.
6. In a large sauce pan, boil 4 cups of water.
7. Add the leafy greens to boiling water.
8. Add Polenta in a steady stream, stirring continuously with a spoon.
9. Cook for about 2 minutes or to package suggestion.
10. Take cooled chicken breasts and chop into small pieces
11. Blitz in food processor to mince chicken.
12. Add polenta and leafy green mix to minced chicken.
13. Grab a handful of mixture and roll into balls and set aside. I usually make the balls about the size of a 1/2 cup due to they are the perfect size for Maggie's meal.

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