

Buffalo Chicken Meatballs

- By Melanya Kushla, RD

- Yield: 24 meatballs

Ingredients:

1 zucchini
3 carrots
1 small onion
1 stalk celery
4 cloves of garlic
1 lb ground chicken
¼ cup reduced-fat, crumbled blue cheese
1 Tablespoon olive oil
1 Tablespoon white vinegar
4 Tablespoon Frank's RedHot sauce
½ cup whole wheat breadcrumbs
½ tsp salt
½ tsp ground pepper
1 tsp baking soda

Creamy Buffalo Sauce:

1 cup of nonfat plain Greek yogurt
¼ cup Franks RedHot sauce
½ tsp onion powder
½ tsp garlic powder

Mix everything together and chill until served.

Utensils:

Knife, small cutting board, strainer, food processor, spatula, large bowl, 2 baking sheets

Directions:

Preheat oven to 450F. Line 2 baking sheets with parchment paper and coat with cooking spray.

Place zucchini, carrot, onion, celery and garlic in a food processor and pulse until shredded. Place shredded vegetables in a strainer and press out excess liquid. Add vegetables to large mixing bowl.

Add all remaining ingredients to the vegetable mixture and mix until everything is evenly combined. Form meatballs into ~1" round balls (a bit smaller than the size of a ping pong ball) and place on prepared baking sheet.

Bake the meatballs for 15 min, or until internal temperature reaches 165F.

While they're baking, mix together Creamy Buffalo Sauce to serve with them.

Nutrition Info:

(Per Meatball)

57 calories – 2g fat - 3g carbohydrates – 6g protein - 1g fiber – 92mg sodium