TAILGATING: HEALTHY APPETIZER RECIPES (*)

BUFFALO CHICKEN MEATBALLS

25 servings

Prep: 10 minutes Cook: 20 minutes Rest: 10 minutes

5 Meatballs = 179.6 calories, fat 2g, carbs 15.4g, fiber 2.8g, sugar 0.4g, & protein 22.2g

INGREDIENTS

- 1 lb. ground chicken
- 1 large egg
- 1 cup whole wheat flour
- 1/3 + 1/2 cup hot sauce (Franks)

 (1/3 cup will be used in the meatballs and 1/2 cup for tossing)
- 1/4 cup chopped green onion
- 1 tsp garlic powder

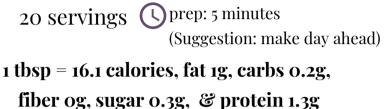
INSTRUCTIONS

- 1. Preheat oven to 400F and line a baking sheet with parchment paper.
- 2. In a large bowl, mix together chicken, egg, almond flour, 1/3 cup hot sauce, green onion, and garlic powder. I used my hand to do this!
- 3. With about 2 tablespoons of meat, roll into balls and place on baking sheet.
- 4. Bake for 18 minutes at 400.
- 5. Take out of oven and let rest for 10 minutes.
- 6. Toss in 1/2 cup of hot sauce.

SERVING SUGGESTIONS

- Serve with celery sticks
- Serve with Blue Cheese dip (recipe included)

NOTES: Healthy Buffalo Chicken Meatballs are made with six ingredients. Glutenfree and Paleo-approved, these delicious meatballs are the perfect finger food and game day appetizer!



BLUE CHEESE DIP

TAILGATING:

HEALTHY

APPETIZER

RECIPES (9)

INGREDIENTS

- 1/2 cup crumbled blue cheese
- 1/4 cup almond milk
- 1/2 cup Greek yogurt
- 1 tbsp white or red wine vinegar
- 2 tsp garlic powder
- 1/2 tsp salt

NOTES

INSTRUCTIONS

- 1. Whisk all ingredients together in a bowl.
- 2. Serve blue cheese dip alongside your favorite appetizers (including our Zucchini Chips and/or Buffalo Chicken Meatballs).

SERVING SUGGESTIONS

Best if made a day ahead and allowed to sit in the refrigerator to thicken and for flavors to blend.

Creamy and sensational dip - great paired with your favorite appetiters!