



## Buffalo Chicken Meatballs

Prep time: 15 min | Cook time: 20 min | Total Time: 35 min | Servings: about 18 meatballs

### Ingredients

#### Meatball Ingredients:

- 1 lb ground chicken
- 1/2 cup panko breadcrumbs (use gluten-free breadcrumbs if needed)
- 2 garlic cloves, grated
- 2 Tbsp olive oil
- 3/4 tsp salt
- 1/4 tsp paprika
- one green onion, white and green parts, chopped
- 1 Tbsp Frank's RedHot sauce (not Frank's Buffalo Wings Sauce)

#### Buffalo Sauce Ingredients:

- 1 stick of unsalted butter
- 3/4 cup of Frank's RedHot sauce (not Frank's Buffalo Wings sauce)
- 1/2 tsp garlic powder

### Directions

1. Preheat oven to 400 degrees F.
2. Combine the meatball ingredients in a large mixing bowl. Use your hands to mix the ingredients together. (You can make this ahead of time, cover and keep in fridge. I mix it up the night before).
3. Using a medium cookie scoop portion meat into about 1" meatballs. I like to make these a little smaller than regular meatballs, so they are bite sized. Shape meatballs by rolling between the palms of your hands to form a meatball. Line them up on the baking sheet. Bake for about 15-20 minutes until meatballs are golden, cooked through and temperature reads at least 165 degrees F.
4. While the meatballs are cooking, prepare the buffalo sauce. Melt one stick of butter over medium heat until melted. Remove from heat and add 3/4 cups of hot sauce and 1/2 tsp of garlic powder and whisk to combine.



5. When meatballs are done cooking, you can either toss them in the sauce or just drizzle a little over the top and serve with extra buffalo sauce for dipping. These meatballs are so good on their own, I prefer to keep them dry and just dip them in the wing sauce.

6. You can place these in a slow cooker to keep warm. If you are serving right away, just plate and serve sauce, sliced celery and carrots and ranch dressing or blue cheese dressing.