

Buffalo Chicken Balls

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Ingredients

Buffalo Chicken Balls:

1 lb ground chicken *
4 tbsp. butter
1/4 – 1/2 cup Frank's RedHot Hot Sauce
1 tsp salt
1 stalk celery, diced
1 egg
1 cup bread crumbs

Blue Cheese Dressing:

8 oz light sour cream
1/2 cup 1% milk
1/2 cup blue cheese crumbles
1/2 cup mayonnaise
1 tsp salt
1 tbsp red wine vinegar

Directions

Preheat oven to 450 degrees. Coat a 9x13 pan with Pam spray.

In a small pot, add butter and hot sauce on low heat and whisk until butter is melted. Set the pot aside to cool for about 10 minutes.

In a bowl, combine chicken, salt, celery, egg, bread crumbs, and cooled hot sauce mixture with your hands, mix until completely combined. Roll the mixture into small balls, packing meat firmly. Place balls evenly in rows in the 9x13 pan. Bake until the meatballs are firm and cooked through, about 20 minutes. Cool for about 5 minutes.

Make the dressing:

Combine all ingredients in a bowl and whisk until completely blended.

If desired, drizzle the meatballs with extra hot sauce and serve with the blue cheese dressing

* This can also be made using ground turkey.