

# 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. Gluten-free and Paleo-approved, these delicious meatballs are the perfect finger food and game day appetizer!

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## BLUE CHEESE DIP



20 servings ⌚ prep: 5 minutes  
(Suggestion: make day ahead)

1 tbsp = 16.1 calories, fat 1g, carbs 0.2g,  
fiber 0g, sugar 0.3g, & protein 1.3g

## 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

## 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.

## NOTES

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