

# Buffalo Chicken Meatballs

1. In a non-stick skillet on medium-high heat, add the oil, celery, carrots or red bell pepper, onion and garlic cloves. Sauté until onions translucent and vegetables are cooked through. Remove from the skillet and let cool slightly.
2. Next in a bowl, combine and mix together the chicken, flour, 2 Tbsp. buffalo sauce and sautéed veggies.
3. Form into 16-20 golf ball-sized meatballs. Meat will be sticky but dampening hands a little with water will help to prevent meat sticking to hands.
4. In the same large non-stick skillet you used for sautéing the vegetables, add 1-2 Tablespoons of oil and heat to medium-high heat. Once simmering, add meatballs. Cook on medium-high heat for 14-18 minutes or until cooked through. Flip meatballs every 2-3 minutes to cook all sides. Meatballs should be firm when done.
5. You can also bake the meatballs. Bake in a preheated 375F oven for 12-18 minutes or until meatballs are cooked through and insides are no longer pink. Flip meatballs after about 10 minutes of baking. Total baking time will depend on size of meatballs.
6. Once meatballs are cooked through, add 3/4 cup of buffalo sauce (more if you wish). Toss gently. Allow the sauce to simmer for about 2-3 minutes. Toss meatballs to coat right before serving. If baking meatballs, transfer the meatballs to a skillet over medium high, add the buffalo sauce and let simmer for 2-3 minutes. Toss gently before serving.
7. Serve on spaghetti squash, zucchini noodles and drizzle

with ranch, additional buffalo sauce and garnish with green onions, minced carrots, shredded red cabbage, minced celery and/or cilantro if desired.

Recipe from:

<https://therealfoodrds.com/one-skillet-buffalo-chicken-meatballs/>

Total time: 30 minutes