

Spicy Chicken Meatballs

This recipe uses buffalo sauce which definitely creates some heat in the dish- but it is SO good. If you don't prefer your food to be spicy, no problem! Just replace the buffalo sauce with BBQ sauce! These are quick to make, and they go great with a salad or french fries!

Course Appetizer

Cuisine American

Servings

4 PEOPLE

Prep Time

15 MINUTES

Cook Time

20 MINUTES

Ingredients

- 1 lb King's Ground Chicken
- 1/4 cup Oatmeal (blended)
- 1 large Egg
- 1/4 cup Carrots
- 1/4 cup Celery
- 2 Scallions
- 1 tsp Freshly Minced Garlic
- Salt & Pepper to Taste

Instructions

1. Preheat oven to 400. Put oatmeal in blender- blend to form a coarse powder. Place in large mixing bowl.

2. Place carrots, scallions, and celery in blender and blend to desired consistency. Place in bowl with oatmeal.

3. Add chicken, egg, garlic, and pepper in bowl and mix well with clean hands.

4. Form into desired size meatballs. Place on greased pan and bake for 20 minutes until internal temperature reaches 165.

5. Enjoy!