



Buffalo Chicken Meatballs

Ingredients:

- 16 oz. ground chicken
- ½ cup Buffalo wing sauce
- 1 egg, large
- 1 clove garlic, minced
- 5 green onions, minced
- 1 oz. Walden Farms Ranch Dressing
- 1 teaspoon celery salt
- 2 packets Diet Right BBQ Crunch Chips, crushed
- Salt and pepper to taste

Directions:

1. In large bowl, mix chicken, garlic, green onions, eggs, ranch dressing, celery salt, and half of the buffalo sauce together.
2. Shape mixture into meatballs and dip the balls into the crushed BBQ Crunch chips.
3. Bake in air fryer for 15 to 20min at 320°F.
4. Salt and pepper to taste.
5. Serve with remaining buffalo sauce.
6. Bon appétit!

Servings: makes 2 servings.

Each serving = 8 oz. lean protein, 1 high carb protein product.

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