

MIKE'S KICKIN' CHICKEN MEATBALLS

Ingredients

1 lb lean ground chicken

3/4 cup panko bread crumbs

1 large egg white

1/2 tsp garlic powder

1/2 tsp onion powder

2 stalks of celery, thinly sliced

1/3 cup plus 1/2 cup Grinders* Banana Rat Wing Sauce, divided (**Grinders is local to Kansas City and offers exciting hot sauce flavors, but this one is my favorite! Plus, a percentage of Banana Rat Wing sales are donated to Military Charities.*)

Reduced-fat blue cheese or ranch salad dressing (optional)

Preparation:

Pre-heat oven to 400 degrees.

Combine bread crumbs, garlic and onion powders, 1/3 cup hot sauce, celery and egg white.

Add chicken; mix lightly, but thoroughly. Shape into 1-inch balls. Place on a greased rack in a shallow baking pan.

Bake 20-25 minutes or until cooked through.

Toss meatballs with remaining hot sauce.

If desired, drizzle with salad dressing just before serving.

