

## Buffalo Chicken Meatballs

3 tbs. all-purpose flour  
1 egg  
1 tsp. onion powder  
½ tsp. smoked paprika  
½ tsp. garlic powder  
½ tsp. Kosher salt  
¼ tsp. freshly ground black pepper  
1¼ lbs. lean ground chicken  
¼ cup extra-virgin olive oil  
3 tbs. unsalted butter  
1 cup Buffalo sauce (we love Frank's Buffalo Sauce)  
Ranch or blue cheese dressing, to drizzle  
Chopped chives, for garnish

In a large bowl, whisk together flour, egg, onion powder, smoked paprika, garlic powder, salt, and pepper. Add in ground chicken and use your hands to combine. Using a tablespoon scoop, measure out even chunks of meat and roll into a ball using your hands.

Heat the olive oil in a large skillet over medium-high heat until shimmering (it should sizzle when you place a meatball inside). Working in batches, brown the meatballs on all sides (about 2 minutes each). Set aside when browned.

Meanwhile, heat the butter and Buffalo sauce over medium heat until the butter melts\*.

Once all the meatballs are browned, place in the buffalo sauce, turning to coat all sides of the meatballs. Cover and cook on medium low until the meatballs are cooked through (about 20 minutes)\*\*.

Drizzle with either ranch or blue cheese dressing and garnish with chopped chives.

\*If you want less spice, add about ½ cup chicken stock to the sauce. It won't be as thick, but it also won't be as spicy.

\*\*You can turn the heat to low and keep the meatballs warm until ready to eat or move them to a slow cooker on warm/low until ready to serve.



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