Buffalo-Style Chicken Bites
in a new light

Makes: 10 servings
Prep Time: 20 minutes
Cook Time: 15 minutes
Difficulty: Easy

Ingredients:
- 1/2 cup light mayonnaise
- 1/4 cup reduced-fat sour cream
- 1/4 cup reduced-fat blue cheese crumbles
- 1 tablespoon lemon juice
- 1/4 teaspoon black pepper
- 1 pound ground chicken breast
- 1 small red bell pepper, minced
- 3 tablespoons reduced-sodium bottled hot pepper sauce
- 2 tablespoons plain dry whole wheat bread crumbs
- 1 shallot, minced
- 1 garlic clove, minced
- 1/2 teaspoon salt
- 2 1/2 cups celery sticks
- 2 1/2 cups carrot sticks

Directions:
Preheat the oven to 425°F. Spray a large baking pan with cooking spray.

To make the dressing, combine mayonnaise, sour cream, blue cheese, lemon juice, and pepper in a small bowl. Cover and refrigerate to allow the flavors to blend, about 15 minutes.

Meanwhile, combine ground chicken, bell pepper, 2 tablespoons hot pepper sauce, bread crumbs, shallot, garlic, and salt in a large bowl until well mixed. With lightly moistened hands, form the mixture into 30 (1 1/4-inch) balls. Place on the baking sheet. Bake until meatballs are lightly browned and cooked through, 12–15 minutes.

Transfer meatballs to a large bowl. Add the remaining 1 tablespoon hot pepper sauce and gently toss until coated. Serve with the dressing, celery, and carrot sticks.

Nutritional Information: Per serving (3 meatballs with 2 tablespoons dressing, 1/2 cup celery sticks, 1/2 cup carrot sticks): 180 calories, 12 g fat (1.5 g saturated, 0 g trans), 40 mg cholesterol, 310 mg sodium, 9 g carbohydrate, 2 g fiber, 10 g protein.