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HEALTHY GAME DAY SNACKING

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Football season is BACK! As you prepare for your tailgate parties, check out some of these snacks that put a healthy twist on a classic gameday recipe!



BUFFALO CHICKEN MEATBALLS

Sautéed mushrooms, celery and garlic add flavor and help keep calories in check and portions hearty in this easy Buffalo chicken meatball recipe. Serve these meatballs as an appetizer with carrot and celery sticks and blue cheese or ranch-style dressing for dipping or make them into a Buffalo chicken sandwich.

INGREDIENTS:

- 8 ounces mushrooms, chopped
- 1 small onion, chopped
- 1 stalk celery, sliced
- 4 cloves garlic
- 1 Tbsp. extra-virgin olive oil
- 1/2 cup fine dry breadcrumbs
- 1/2 cup very finely chopped carrot
- 1/4 cup crumbled blue cheese
- 2 Tbsp. hot sauce, such as Frank's Red Hot
- 1 Tbsp. distilled white vinegar
- 1/2 tsp. salt
- 1/2 tsp. ground pepper
- 1 lb. lean ground chicken

DIRECTIONS:

- Finely chop mushrooms, onion, celery, and garlic in a food processor. Heat oil in a large skillet over medium-high heat. Add the vegetable mixture and cook, stirring occasionally, until the liquid has evaporated, 6 to 8 minutes. Transfer to a large bowl and let cool for 10 minutes.
- Preheat oven to 450 degrees F. Line a large, rimmed baking sheet with foil and coat with cooking spray.
- Add breadcrumbs, carrot, cheese, hot sauce, vinegar, salt and pepper to the cooled vegetables; stir until combined. Add chicken and mix gently to combine (do not overmix). Form into 30 meatballs (a scant 2 tablespoons each) and place on the prepared baking sheet.
- Bake the meatballs until an instant-read thermometer inserted in the center registers 165 degrees F, about 15 minutes.

NUTRITION FACTS:

Serving Size: 5 Meatballs

Per Serving: 207 calories; protein 17g; carbohydrates 11g; dietary fiber 2g; sugars 3g; fat 11g; saturated fat 3g

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