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Buffalo Chicken Meatballs

(adapted from www.skinnytaste.com)

Coconut Oil Cooking Spray

2 lb ground chicken

1 large egg

2 scallions, chopped

1/3 cup finely minced celery (about 1 med carrot)

1/3 cup finely minced carrot (about 1 celery stick)

1 clove crushed garlic

1-2 tsp kosher salt and freshly ground black pepper, to taste

1/3 cup Franks Hot sauce

finely chopped celery leaf for garnish (optional)

Preheat the oven to 400°F. Lightly spray a non-stick baking sheet with oil.

In a large bowl, combine the ground chicken, egg, scallions, celery, carrot and garlic; season with salt and pepper, to taste. Using clean hands, mix until combined. Roll the mixture (1/8 cup each) into 26 round meatballs. Place meatballs onto prepared baking sheet and bake until cooked through and golden, about 16 to 18 minutes. Place the hot meatballs in a bowl, add the buffalo sauce and gently toss to combine. Serve immediately with wedge salad (recipe follows).

Classic Wedge Salad with Blue Cheese

(Blue Cheese Dressing adapted from Barefoot Contessa "Family Style" cookbook)

1 head of iceberg Lettuce

1 1/2 cups blue cheese (I recommend Boars Head, it's lactose free), plus more for garnish

1 cup Mayonnaise

3/4 cup Full Fat Greek Yogurt (I recommend Fage)

2 Tbs Unsweetened Coconut Milk

3/4 tsp worcestershire sauce

1 1/2 tsp kosher salt

3/4 tsp freshly ground black pepper

Slice the head of iceberg into 4 quarters, and place on each plate. Process remaining ingredients in food processor, and process until smooth. Drizzle the iceberg wedges with the dressing & top with more blue cheese if desired.

Wine Pairing Recommendation

The heat of the buffalo sauce and the creamy blue cheese dressing are the perfect combo for a nice clean and crisp Sauvignon Blanc, such as Oyster Bay or The Ned. A super dry riesling would also be nice... as would a frosty IPA however that won't fly if you're going sugar free with this meal plan - ha!!