Buffalo Chicken Meatballs

Ingredients

- 1 lb ground chicken , or ground turkey
- ½ teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1/3 cup panko bread crumbs
- 1 large egg
- 1/4 cup minced celery
- ¼ cup shredded carrot
- ½ teaspoon garlic powder , or 1 clove minced garlic
- ½ teaspoon onion powder , or 2 Tablespoons diced onion
- ¼ – 1/3 cup Frank's Hot Sauce (depending on desired heat level)

Directions

1. Meatballs: Combine all ingredients except chicken, in a bowl and mix until combined. Add chicken and gently mix until combined, being careful not to overwork the meat.
2. Form into 30 small meatballs (about two teaspoons size).
3. Air Fry (recommended): Preheat air fryer to 350 degrees. Spray air fryer basket with non-stick cooking spray and cook meatballs (may need to in batches) for 5-7 minutes, until cooked through (165 degrees).
4. To Bake: Preheat oven to 400 degrees F. Place meatballs on a baking sheet ½ inch apart and bake for 8-10 minutes or until cooked through (165 degrees).
5. Bleu Cheese Yogurt Dip: Mix ingredients together in a bowl.