



Chicken Meatballs

Ingredients

- 1³/₄ – 2 pounds ground turkey (or chicken)
- 4 t minced garlic
- 1 ¹/₂ t salt
- 1 t pepper
- 2 large eggs
- 1 cup Panko breadcrumbs*
- ¹/₂ teaspoon paprika
- 1 t onion powder

FIRECRACKER SAUCE

- ¹/₂ cup hot sauce (I recommend Franks)
- 1 cup light brown sugar
- 2 T apple cider vinegar
- ¹/₄ t salt
- ¹/₄-¹/₂ t red pepper flakes (depending on spice preference)

DIRECTIONS

- preheat the oven to 475°F. Line 2 baking sheets with parchment paper, set aside.
- In a saucepan, combine the ingredients of the firecracker sauce over medium high heat, allow to come to a boil, reduce the heat so it simmers. Let simmer for 8-10 minutes.
- In a large bowl, combine the ground chicken, garlic, salt pepper, eggs, panko, paprika, and onion powder. Use your hands to mix all the ingredients together. Shape the meat mixture into ball, about 3 tablespoons of meat per ball. You can also do this with an ice cream scoop. Place shaped meatballs on prepared baking sheet. bake for 11-13 minutes or until the meatballs are completely cooked.
- Brush each meatball with the sauce. Place back on the baking sheet and bake for an additional 1-2 minutes. Drizzle or brush with additional sauce as desired.