



## Buffalo Chicken Meatballs & Carrot Noodles



1/2 of recipe (5 meatballs with about 1 1/2 cups noodles): 300 calories, 10g total fat (2.5g sat. fat), 806mg sodium, 24.5g carbs, 5.5g fiber, 10.5g sugars, 29g protein

**Prep:** 15 minutes    **Cook:** 10 minutes

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### Ingredients

#### Meatballs

8 oz. raw lean ground chicken (at least 92% lean)  
1/4 cup finely chopped onion  
2 tbsp. (about 1 large) egg white or fat-free liquid egg substitute  
2 tbsp. panko breadcrumbs  
1/2 tsp. garlic powder  
1/2 tsp. onion powder  
1/8 tsp. black pepper  
Dash cayenne pepper, or more to taste  
1 1/2 tbsp. Frank's RedHot Original Cayenne Pepper sauce, or more for topping

#### Carrot Noodles

12 oz. frozen spiralized carrots (like [the kind by Green Giant](#)), thawed and drained  
2 tbsp. fat-free plain Greek yogurt  
1 tbsp. light ranch dressing  
1 tbsp. light/reduced-fat cream cheese  
1 tsp. chopped garlic  
Optional topping: chopped scallions

### Directions

Preheat oven to 450 degrees. Spray a large baking sheet with nonstick spray.

In a large bowl, thoroughly mix all meatball ingredients *except* hot sauce. Form into 10 meatballs, and place on the baking sheet. Bake until cooked through, about 10 minutes.

Meanwhile, bring a large skillet sprayed with nonstick spray to medium-high heat. Cook and stir carrot noodles until hot and slightly softened, about 3 minutes. Reduce heat to medium low. Add yogurt, dressing, cream cheese, and garlic. Cook and stir until mixture is uniform and entire dish is hot, about 2 minutes. Transfer to a large bowl and cover to keep warm.

In a medium-large bowl, combine hot sauce with 2 tsp. water. Mix well. Add meatballs, and thoroughly toss to coat.

Serve meatballs over carrot noodles.

**MAKES 2 SERVINGS**

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