



Blue Cheese Buffalo Meatballs

INGREDIENTS

- 12 oz ground turkey breast (OR 12 oz 96% ground beef)
- 1 oz Frank's RedHot sauce
- 1 oz blue cheese crumbles
- 1 Tbsp light butter
- 2 green onions
- pinch of salt and pepper

NUTRITION FACTS

USING GROUND TURKEY BREAST

Serves: 2

Amount Per Serving

- Calories 255
- Total Fat 8 g
- Saturated Fat 3 g
- Cholesterol 116 mg
- Sodium 783 mg
- Carbohydrate 1 g
- Dietary Fiber 1 g
- Sugars 1 g
- Protein 45 g
- myWW Blue: 3
- myWW Purple: 3
- myWW Green: 5

NUTRITION FACTS

USING 96% LEAN GROUND BEEF

Serves: 2

Amount Per Serving

- Calories 288
- Total Fat 13 g
- Saturated Fat 6 g
- Cholesterol 116 mg
- Sodium 809 mg
- Carbohydrate 2 g
- Dietary Fiber 1 g
- Sugars 1 g
- Protein 40 g
- myWW Blue: 7
- myWW Purple: 7
- myWW Green: 7

DIRECTIONS

1. Combine ground turkey breast (or ground beef), white portions of green onions, blue cheese, and a pinch of salt and pepper in a bowl.
2. Form mixture into 16 small meatballs.
3. Place a non-stick skillet over medium heat and spray with olive oil spray.
4. Add meatballs to pan and stir occasionally until browned all over and turkey reaches 165 degrees, 8-12 minutes. **If using ground beef, stir occasionally until browned and meatballs reach a temperature of 160 minutes, 8-12 minutes.
5. Remove from burner and add hot sauce (to taste) and butter. Stir until meatballs are coated.
6. Plate and garnish with green onions.

This recipe can be found at:

<https://planningushealthy.com/buffalo-meatballs>

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