



These spicy meatballs have the flavors and textures of buffalo chicken wings and are served with a blue-cheese sauce. To freeze the unbaked meatballs, spread them on a baking tray and freeze solid (about 2 hours). Then store in an airtight container.

Buffalo Pork Meatballs With Blue-Cheese Sauce

Blue-Cheese Sauce

- 6 ounces plain low-fat yogurt
- 5 tablespoons reduced-fat sour cream
- 1 cup crumbled blue cheese (4 ounces)
- $\frac{1}{4}$ teaspoon pepper

Meatballs

- 2 pounds ground pork
- $\frac{3}{4}$ cup finely minced celery
- $\frac{3}{4}$ cup plain dried bread crumbs
- 1 large egg
- $\frac{1}{4}$ cup plus 2 tablespoons cayenne pepper sauce
- 2 tablespoons olive oil



1. Make the sauce: In a mini food processor, or with a hand blender, puree the yogurt, sour cream, blue cheese and pepper. Refrigerate until serving time. *(The sauce can be made up to 1 week ahead.)*
2. Make the meatballs: Preheat the oven to 375°F. In a large bowl, combine the pork, celery, bread crumbs, egg and $\frac{1}{4}$ cup of the cayenne sauce. Form the mixture into meatballs the size of a large walnut, about 1 tablespoon. *(The meatballs can be formed ahead and frozen for 1 week. Let them return to room temperature before proceeding.)*
3. In the same bowl, combine the remaining 2 tablespoons cayenne sauce and the oil, and blend well. In batches, add the meatballs to the mixture and toss to coat lightly. Shake off any excess. As you work, transfer the meatballs to a baking sheet.
4. Bake the meatballs (in batches if necessary) for 7 to 10 minutes until cooked through but still juicy. *(The meatballs can be baked several hours before serving.)*

Makes 12 servings (60 meatballs)

Total time: 25 minutes

Per serving: 210 calories, 17 g fat, 2 g carbohydrates (.1 g fiber), 12 g protein

