



### **CHICKEN MEATBALLS WITH RED PEPPER PISTACHIO DIPPING SAUCE**

For the meatballs:

- 1 lb. ground chicken
- 1 egg
- 2 garlic cloves, minced
- ¼ c. chopped green onion
- 2 teaspoons chopped fresh mint
- ¼ c. panko
- 1 ½ teaspoons Cavender's Greek seasoning
- Salt to taste

Preheat your oven to 400. Line a cookie sheet with foil, then spray a cooling rack (for cookies) with cooking spray and put on top of the cookie sheet. In a bowl, mix together all of the ingredients for the meatballs. Don't overmix! Form small meatballs (about the size of a walnut) and put on the rack. Bake for 30 minutes.

For the sauce:

- 1 red bell pepper, roasted, peeled, seeded, and roughly chopped
- 1/3 cup pistachios, shelled
- 1 cup Greek yogurt
- Salt and pepper to taste
- Dash of Cavender's Greek seasoning

Put the pistachios and bell pepper in a food processor and pulse until combined. I left mine with a little texture, but it's up to you. Mix the puree into the yogurt and season with salt and pepper and a dash of Greek seasoning. Serve with the meatballs.

NOTE: Roast your pepper and let it cool while you're making the meatballs. Also, trust me on the mint! If you want, you can substitute Italian parsley for the mint. And, if you just want a great dip with pita chips or crudités, then the sauce by itself would be fabulous!!

Recipe courtesy of Karly Vardaman, [www.kitchenpsycho.com](http://www.kitchenpsycho.com)