

# Men Who Cook

April 27<sup>th</sup>, 2007

## *Author Matthew Dunn's Recipe for Chicken & Cheese Balls*

### Ingredients:

1 lb ground chicken  
1 egg  
½ cup parmesan cheese  
½ cup breadcrumbs  
2 cloves garlic (minced)  
2 teaspoons fresh oregano  
½ teaspoon salt

### Chicken Cordon Bleu Balls:

Stuffing - Swiss cheese & ham (deli sliced, then wrapped around cheese cube)  
Sauce – Creole honey mustard

### Chicken Parmesan Balls:

Stuffing – Roasted garlic cheese  
Sauce – Spicy tomato pasta sauce

### Chicken Balls Buffalo Style :

Stuffing – Blue cheese  
Sauce – Buffalo wing sauce

1. Place ground chicken, egg, parmesan cheese, bread crumbs, garlic, oregano and salt in a mixing bowl.
2. Knead mixture together with hands until evenly combined.
3. Using a 1.5 inch cookie scoop, fill the utensil with the mixture and then stuff your favorite cheese and/or complementary meat into the center of the scoop. (Cheese cubes the size of dice work the best.) The mixture should yield around the edges, which can then be pressed down to seal the inserted cheese (or meat, or both) inside the meatball.
4. Dip meatballs in sauce, place on a cookie sheet (greased or ungreased – your choice) and bake in the oven at 350 degrees for 20 minutes. Or you can use a pan and baste the meatballs with your sauce.
5. When they've cooled a bit, impale with a toothpick and eat!