

Eat Happy Kitchen
Anna Vocino

Sausage Cheddar Balls

(makes 28 1" balls)

INGREDIENTS

1/2 onion, minced

1 tablespoon olive oil

1 pound breakfast sausage, casing discarded (or you can use Italian sausage)

1/4 cup cream cheese, brought to room temp

1/4 cup almond flour or crushed pork rinds

1 tablespoon red wine vinegar

1/4-1/2 teaspoon ground cayenne (for extra heat, optional)

1 cup shredded sharp cheddar

INSTRUCTIONS

In a large, flat-bottomed sauté pan, heat olive oil to medium high heat. Cook onion 2-3 minutes, or until soft, being careful not to burn. Add sausage and cook thoroughly, about 5-7 minutes, breaking sausage up into small pieces. Drain excess grease from sausage and return sausage to pan. Fold in cream cheese until melted and blended into the sausage mix. Sprinkle in almond flour and stir, remove pan from heat. Stir in red wine vinegar and ground cayenne. Fold in shredded cheddar until melted.

Preheat oven to 350 degrees. Let sausage mixture cool for 10-15 minutes. When cool enough to handle, form mixture into 1" balls and place evenly on a parchment paper lined baking sheet. Bake in oven 15-20 minutes, or until sausage edges are golden brown. Remove from oven and gently drain sausage balls on paper towel. Pierce with toothpicks and serve.