



Healthy Buffalo “Wings”

Makes 5 servings

1 lb. boneless, skinless chicken breast
¼ cup whole wheat flour
1 Tbsp. olive oil
1 cup Frank’s Red Hot or other hot wing sauce of your choice

- Preheat oven to 350°
- Cut chicken breast lengthwise into 16 strips.
- Place flour in plastic bag. Add chicken and shake to coat.
- Heat 1 Tbsp. olive oil in nonstick skillet, medium heat.
- Remove chicken from flour, add to skillet and brown on both sides, about 2-3 minutes per side. Remove from skillet.
- Place 1 cup hot sauce in bowl, add browned chicken and toss to coat well. Remove chicken from sauce and place in baking dish.
- Bake in 350° oven for 30 minutes

Dip in fat free Blue Cheese or Ranch dressing. Service with raw celery and carrot sticks.

Nutrition Information per serving (without dressing)

Calories: 176

Total Fat: 5g

Saturated Fat: 1g

Carbohydrate: 8g

Dietary Fiber: 1g

Protein: 21g