

Buffalo Chicken

Led by Karin Drosdick

Ingredients

- 1 large chicken breast
- 1/4 - 1/3 cup Franks hot sauce.

Directions

Step 1.

Cut chicken breast in half and cut each half in half or quarters (this gives more surface area to marinade)

Step 2.

Add Franks hot sauce, enough to toss into the meat so there is some on all the pieces. toss and let marinate overnight.

Step 3.

Heat a pan with oil get it nice and hot and add chicken pieces so they are not touching. Try not to stir but get a nice sear on each piece for about 5-7 minutes, Turn over and cook on the other side. Check one piece to make sure it is thoroughly cooked inside. Sometimes I put the lid on for the last few minutes to make sure it is well cooked.

Step 4.

Shred ½ - 1 cup of cheese and sprinkle on top, place lid on until it melts.

Step 5.

Buy a bottle of blue cheese salad dressing or Hidden Valley dressing. Aldi's has a pack of Hidden Valley Ranch Dressing mix packet that is cheaper. You can make a half of a packet to use on this recipe.

Step 6.

Plate your chicken and drizzle your dressing on top and enjoy!

Cooking Notes

Chicken is an everyday staple. Did you know that chicken is high in protein and has no carbs? Per 3 oz of chicken there are 147 calories, 4 grams fat and 26 grams protein for white meat. Dark meat is 174 calories, 8 grams of fat and 23 grams of protein. It also has iron, B6 and Magnesium. (based on skinless chicken - the skin will add more fat calories)

Chicken is basically a blank canvas for flavoring like toppings, marinades, sauces. It is the one meat that is most universal around the world due to the low cost.

Are you tired of eating the same chicken recipes all the time? Try something different. Look at other cultures in recipe books or online, buy international sauces that you just add cubed chicken to.

As our taste buds decline as we age, we can sometimes handle spicier food than we used to. The spice may not be as strong to our tongue, and it may be a nice way to introduce new flavors to your diet.

BUFFALO CHICKEN is all the rage right now, there are wings, dip, salads and sandwiches and more. Many people are afraid to try it thinking it is too spicy, but the hot sauce is not that spicy in this recipe because we are using it as a marinade. It tenderizes and flavors but is not too strong. Plus this recipe literally takes 5 minutes to prep, 24 hours to marinade and 15-20 min to cook.

I buy a large pack of chicken breasts and wrap each breast up individually and put them in a bag in the freezer. One chicken breast is so large it actually feeds 2 people with some leftovers for lunch.

Variations:

With leftovers you can mix with mayonnaise and add Hidden Valley Ranch Mix powder to make a buffalo chicken salad.

Cut chicken chunks and put inside a tortilla with cheese and dressing, fry up for a buffalo chicken quesadilla.

Place chicken chunks on a salad. You can also make a sandwich or a wrap.

You can also cut up the chicken and pour on Franks hot sauce and freeze the pieces, they will marinate while freezing and while thawing.