BUFFALO WINGS

Ingredients:



BUFFALO WINGS

- ¼ cup of your favorite hot sauce
- ½ tsp paprika
- Dash cayenne pepper (optional)
- 1 pound organic chicken tenders

BLEU CHEESE DIP

- 6 oz nonfat plain Greek yogurt
- ¼ cup blue cheese, crumbled
- ¼ tsp garlic powder
- ¼ tsp onion powder
- Fresh ground black pepper (to taste)

Directions:

1. Preheat the oven to 375°. Coat a baking dish with nonstick oil spray and set aside.
2. In a bowl, mix hot sauce and paprika (only add optional cayenne if you like it hot).
3. Coat each tenderloin with sauce and set it in the baking dish, forming in a single layer. Bake for at least 15 minutes, or until the chicken is no longer pink inside.
4. While chicken is cooking, make dip by mixing Greek yogurt, bleu cheese, garlic powder, onion powder, and pepper until velvety smooth.

Makes 4 servings.

NUTRITION PER SERVING:

A serving is 3 ounces of chicken plus 2 tablespoons of dip
Calories: 170, Protein: 29g, Fat: 4.5g, Sat Fat: 1.5g, Chol: 85mg, Carbs: 1g, Dietary Fiber: 0g, Sugar: 1g Sodium: 330mg

Reference: https://joybauer.com

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