

Buffalo-style Wings

2	chicken breasts, boneless, skinless
1 tbsp	chicken broth, low sodium
pinch	garlic powder
pinch	poultry seasoning
2 tbsp	whole wheat flour
1 tsp	olive oil
½ cup	chicken broth, low sodium
½ cup	Hot sauce

- Remove bones and skin from chicken breasts (use bones to prepare chicken broth)
- Butterfly cut and slice breasts into 1" thick strips.
- In medium sized mixing bowl; toss chicken with 1 tbsp of chicken broth to moisten. Season with garlic powder and poultry seasoning.
- Mix in whole wheat flour to coat chicken.
- In a non-stick fry pan, heat oil on medium-high heat. Brown chicken until cooked through, approximately 5 minutes each side.
- Mix together chicken broth and Hot sauce. Add to chicken.
- Lower heat and simmer chicken for 15 minutes, stirring occasionally, until the sauce thickens and coats the chicken.
- Adjust hotness of the chicken by adding more or less Hot sauce.
- Serve with carrot and celery sticks with low fat blue cheese dressing.
- Makes 4 servings.

Recipe by Gary Barone