

Buffalo Chicken Tenders

Courtesy of Carole's Creations

Prep Time: 30 minutes

Cooking Time: 20 minutes

Serves: 4 (4-5 tenders per person)

CChints: This is our daughter's recipes and we love it. Chicken tenders are popular but you can make them Buffalo style that's even better. You can adjust the heat by the type of wing sauce you buy and by the amount of dressing you mix with the sauce. A creamy dressing is a natural way defuse heat. Buffalo Wing sauce can be found with other hot sauces in your market. Buffalo has a unique flavor that hot sauce just can give you.



4 boneless, skinless chicken breasts

1/4 cup Buffalo Wing sauce

12 ounce jar of Reduce fat Ranch Dressing, divided

1-1/2 cups of Panko bread crumbs

1-1/2 teaspoons salt

1/2 teaspoon black pepper

1 teaspoon Italian seasoning, crushed between your fingers to release the oils

1-2 cucumbers, seeded and sliced or use an English cucumber that doesn't have seeds.

Side vegetable like corn on the cob, broccoli, green beans or a salad with Ranch dressing

Optional: If you are a fan of cottage cheese, mix 1 Tablespoon of Ranch dressing into 1/4 cottage cheese, per serving.

Preheat oven to 350 degrees F. Line a baking sheet with foil and spray with cooking spray for easy clean up.

Rinse chicken, pat dry and lay on a plate. Roll out about 18 inches of plastic wrap on your work surface. Lay a piece about 3 inches from one end of the plastic wrap and fold the other end over. With a flat surface meat mallet or heavy skillet, pound each piece about 1/2 inch thick and return it to the plate. Cut them in 1 inch strips.

You want to set up an assembly line starting with the chicken. Next, combine the wings sauce and 1/4 cup of the dressing in a pie plate. Next, mix together in a pie plate the Panko through Italian seasoning and blend well.

When the oven is ready take one piece of chicken at a time and dip it in the buffalo mix and let the excess drip back into the mixture. Then roll in the Panko mixture and place on the baking sheet. Do this until all the chicken is ready for baking placing them about 1/2 inch apart. If you run out of the Buffalo sauce, mix a little more using equal parts Buffalo sauce to dressing. Bake for 18 - 20 minutes until the chicken is done.

While you are waiting, wash everything that came in contact with the raw chicken and start your side items.

When the chicken is ready, transfer them to a serving platter and have extra dressing on hand if they are too spicy for someone at the table or for those who want to drizzle the dressing over their cucumbers.

Caroleicious!