BUFFALO
CHICKEN BREAST

Prep Time: 5 minutes (+ time to marinate: 15 min. to 24 hrs)
Cooking Time: 30-35 minutes
Makes 4 servings

Ingredients

- 60 mL (1/4 cup) bottled hot sauce (such as Franks Red Hot®, or similar)
- 15 mL (1 Tablespoon) white vinegar
- 5 mL (1 teaspoon) celery seed
- 1 mL (1/4 teaspoon) black pepper
- 4 boneless, skinless chicken breasts

Directions

Preheat oven to 200°C (400°F).

In a small bowl, mix together hot sauce, vinegar, celery seed, and pepper. Pour sauce over chicken and let sit for 15 minutes (or up to 24 hours, in the fridge).

Line a baking sheet with aluminum foil (this makes clean up easier). Place chicken on baking sheet, and bake for 30-35 minutes.

To know that your chicken is cooked thoroughly, use a meat thermometer to check the internal temperature. Chicken is safely cooked when it reaches 165°F or 74°C.

A healthier version of Buffalo Chicken Wings (no skin, breading, no deep-frying)!

Serve with veggies sticks (celery, carrots) and a whole-grain bun for a balanced meal.

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