

Buffalo Chicken Salad

Makes 4 Servings

2 boneless skinless chicken breasts
1/2 cup whole wheat flour
2 T cayenne pepper hot sauce
2 t canola oil
6 cups bite size romaine pieces (just under 1 head)
4 celery stalks chopped into 3" matchsticks
1 cup shredded carrot
1/3 cup buffalo dressing (see other UHC recipe) divided



Preheat oven to 400°F. Spray a baking sheet with nonstick spray. Slice chicken lengthwise into 3/4" strips. Dredge chicken in flour. In a large bowl toss chicken with hot sauce and oil. Bake ten minutes and check internal temperature (should be 165°F). In a clean bowl place romaine, celery, carrot, and half the buffalo sauce and toss. Place a quarter of the lettuce mixture on each plate, top with baked chicken, and drizzle remaining sauce over top.

Nutrition information per serving: 200 calories, 7g fat (2g saturated fat), 26g protein, 350mg sodium, 2g dietary fiber. Excellent source of vitamins A and C.

