

Appetizers

Buffalo Chicken Fingers with Blue-Cheese Dip

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Servings: 9

Start to Finish Time: 15 minutes

2 boneless/ skinless chicken breasts

salt and pepper

vegetable oil

4 tablespoons butter

4 tablespoons hot-wing sauce

1 tablespoon white vinegar

2 cups blue-cheese dressing

celery (for garnish)

Dry each chicken breast with a paper towel. Cut into strips 1/2 to 3/4-inch thick and 3 to 4 inches long. Season with salt and pepper.

Heat a nonstick skillet on high and add oil to coat the bottom. Working in batches, fry the chicken strips until browned, about 2 minutes per side. Add more oil as needed. Set the chicken aside on a dish with a paper towel.

In a small saucepan, melt the butter. Mix in the hot sauce and vinegar. Once combined, turn off the heat and set aside.

Fill six shot glasses with one tablespoon of blue-cheese dressing each.

Stick a toothpick or short skewer into the end of each chicken strip and generously coat it with hot sauce.

Place two chicken fingers and a celery stalk inside each shot glass.

Alternatively serve on a platter with a dipping bowl of blue-cheese dressing and celery sticks on the side.

Per Serving (excluding unknown items): 45 Calories; 5g Fat (98.7% calories from fat); trace Protein; trace Carbohydrate; 0g Dietary Fiber; 14mg Cholesterol; 52mg Sodium. Exchanges: 1 Fat; 0 Other Carbohydrates.