

Chicken

Buffalo Chicken

Cooking Light

Servings: 4

If you like Hot Sauce

MARINADE

3/4 cup hot sauce (such as Crystal)

1/4 cup butter , melted

2 teaspoons Worcestershire sauce

1/2 teaspoon onion powder

INGREDIENTS

4 6-ounce boneless/skinless chicken breasts

Combine first four ingredients for marinade. Reserve 1/4 cup of hot sauce mixture. Pour remaining hot sauce mixture in a zip-top plastic bag.

Add chicken breasts to zip-top bag; seal. Marinate at room temperature for 20 minutes.

Heat a large skillet over medium-high heat. Coat pan with cooking spray.

Remove chicken from bag; discard marinade in bag. Sprinkle chicken with 1/4 teaspoon of salt.

Add chicken to pan; saute' 6 minutes on each side or until done. Brush reserved marinade over chicken.

Serve with light ranch dressing, if desired..

Per Serving (excluding unknown items): 3 Calories; trace Fat (0.7% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 25mg Sodium. Exchanges: 0 Grain(Starch); 0 Other Carbohydrates.