

**Chicken**

---

# **Crispy Buffalo Chicken Roll-Ups**

Lisa Keys

Taste of Home Shortcuts Issue - August/September 2011

**Servings: 4**

**Preparation Time: 15 minutes**

**Bake Time: 30 minutes**

**4 6-ounce boneless skinless chicken breast halves**

**3/4 teaspoon salt**

**1/2 teaspoon pepper**

**1/4 cup crumbled blue cheese**

**1/4 cup hot pepper sauce**

**2 tablespoons mayonnaise**

**1 cup cornflakes, crumbled**

Preheat oven to 400 degrees.

Flatten chicken breasts to 1/4-inch thickness.

Season with salt and pepper.

Sprinkle with blue cheese.

Roll up each breast from a short side and secure with toothpicks.

In a shallow bowl, combine the pepper sauce and mayonnaise.

Place the cornflakes in a separate shallow bowl.

Dip the chicken into the pepper sauce mixture, then coat with cornflakes.

Place seam side down in a greased 11x7-inch baking dish.

Bake, uncovered, for 30 to 35 minutes or until the chicken is no longer pink.

Discard the toothpicks.

---

Per Serving (excluding unknown items): 268 Calories; 10g Fat (35.9% calories from fat); 41g Protein; 1g Carbohydrate; trace Dietary Fiber; 107mg Cholesterol; 1037mg Sodium. Exchanges: 0 Grain(Starch); 5 1/2 Lean Meat; 1 Fat; 0 Other Carbohydrates.