

## **Healthier Buffalo Chicken**

**Yield: 3 three-ounce servings**

### **INGREDIENTS:**

- 3 chicken breasts (4oz)
- 1 bottle Ken's Buffalo Chicken Wing Marinade

### **DIRECTIONS:**

1. Marinate chicken overnight in bag with entire bottle of Ken's Buffalo Chicken Wing Marinade.
2. Preheat oven to 350°, place chicken marinade mixture in large baking dish.
3. Cook for 20-25 minutes or until internal temperature reaches 365°.
4. Dice chicken into 6 pieces, place toothpick in each and place in serving dish. Serve with celery and fat-free Ranch for dipping.

**Serving Size: 3 (6 pieces each)**

**Calories: 234**

**Fat: 14g**

**Celery and 1 ounce of Fat Free Ranch dressing**

**Calories: 40**

**Fat: 0g**

**Total = 274 calories and 14g fat**