

BUFFALO CHICKEN BREAST

Prep Time: 5 minutes (+ time to marinate:
15 min. to 24 hrs)
Cooking Time: 30-35 minutes
Makes 4 servings

Ingredients

60 mL (1/4 cup) bottled hot sauce (such
as Franks Red Hot®, or similar)
15 mL (1 Tablespoon) white vinegar
5 mL (1 teaspoon) celery seed
1 mL (1/4 teaspoon) black pepper
4 boneless, skinless chicken breasts

Directions

Preheat oven to 200°C (400°F).

In a small bowl, mix together hot sauce,
vinegar, celery seed, and pepper. Pour
sauce over chicken and let sit for 15
minutes (or up to 24 hours, in the fridge).

Line a baking sheet with aluminum foil
(this makes clean up easier). Place
chicken on baking sheet, and bake for 30
-35 minutes.

To know that your chicken is
cooked thoroughly, use a meat
thermometer to check the
internal temperature. Chicken is
safely cooked when it reaches
165°F or 74°C.



**A healthier version of Buffalo
Chicken Wings (no skin,
breading, no deep-frying)!**

**Serve with veggies sticks
(celery, carrots) and a whole-
grain bun for a balanced
meal**



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Phone: 905-828-5255