

# BONELESS BUFFALO WINGS

July 1, 2009

*Serves 14; 2 pieces chicken and scant ½ tablespoon sauce per serving*

Vegetable oil spray  
2 tablespoons whole-wheat flour or all-purpose flour  
¼ teaspoon salt-free seasoned pepper blend  
1 pound boneless, skinless chicken breasts, all visible fat discarded  
¼ cup fat-free or low-fat buttermilk  
1 teaspoon red hot-pepper sauce  
1 cup crushed cornflake cereal (about 2 ½ cups flakes)  
¼ cup barbecue sauce  
1 tablespoon cider vinegar  
1 tablespoon honey

1. Preheat the oven to 350°F. Lightly spray a baking sheet with vegetable oil spray.
2. In a large airtight plastic bag, stir together the flour and seasoned pepper blend. Cut the chicken into 28 strips. Add to the flour mixture. Seal the bag and shake to coat.
3. Add the buttermilk and hot-pepper sauce. Reseal the bag and shake gently to coat.
4. Put the cornflake crumbs in a shallow bowl. Add the chicken, turning gently to coat. Arrange the chicken in a single layer on the baking sheet. Lightly spray the chicken with vegetable oil spray.
5. Bake, uncovered, for about 25 minutes, or until the chicken is no longer pink in the center and the coating is crispy.
6. Meanwhile, in a medium bowl, stir together the barbecue sauce, vinegar, and honey.
7. Add the chicken to the sauce, stirring gently to coat, or serve the sauce on the side.

## **Nutrition Facts per serving**

**Exchanges:** ½ Starch, 1 Very Lean Meat

**Calories** 74, Calories from Fat 9, **Total Fat** 1 g, Saturated Fat 0.3 g, Polyunsaturated Fat 0.2 g, Monounsaturated Fat 0.3 g, **Cholesterol** 20 mg, **Sodium** 127 mg, **Total Carbohydrate** 8 g, Dietary Fiber 0 g, Sugars 3 g, **Protein** 8 g

## **CHRONIC DISEASE HEALTH PROMOTION AND EDUCATION PROGRAM**



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*Providing guidance and support to make the "healthy choice the easy choice!"*

