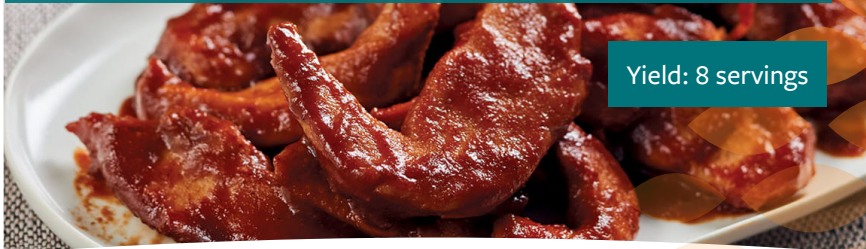


Heart Month | Heart Healthy Recipe

Saucy Boneless Chicken “Wings” with Red Ranch Sauce



Yield: 8 servings

Chicken

1/2 tsp chili powder
1/2 tsp garlic powder
1/2 tsp onion powder
1/2 tsp ground cumin
2 tbsp all-purpose flour
1 pound boneless, skinless chicken breast halves, all visible fat discarded, cut into 3 x 1/2-inch strips (16 strips total)
1/4 cup fat-free, low-sodium chicken broth

Red Ranch Sauce

1/4 cup low-fat buttermilk
1/4 cup fat-free yogurt (plain)
1 tsp smoked paprika (sweet or hot)
1/2 tsp chili pepper
1/2 tsp garlic powder
1/2 tsp onion powder
1/2 tsp ground cumin
1/8 tsp cayenne

In a small bowl, stir together the Red Ranch Sauce ingredients. Cover and refrigerate until serving time. In a second small bowl, stir together 1/2 teaspoon chili powder, 1/2 teaspoon garlic powder, 1/2 teaspoon onion powder, and 1/2 teaspoon cumin. Stir in the flour. Dip the chicken strips in the chili powder mixture, turning to coat and gently shaking off any excess. Using your fingertips, gently press the coating so it adheres to the chicken. Place the strips in the slow cooker. Pour in the broth around the chicken. Cook, covered, on low for 3 to 4 hours or on high for 1 1/2 to 2 hours.

Nutrient info (per serving): 85 Calories, 13g Protein, 0g Fiber