



## H-O-T Hot Boneless Buffalo Wings



1/2 of recipe (5 wings): 215 calories, 5.5g total fat (0.5g sat. fat), 1,095mg sodium, 16g carbs, 4g fiber, 1g sugars, 27g protein

**Prep:** 15 minutes    **Cook:** 20 minutes



### Ingredients

1/4 cup Fiber One Original bran cereal  
1 oz. (about 15) reduced-fat BBQ baked/popped chips  
Dash onion powder  
Dash garlic powder  
Dash cayenne pepper  
Dash each salt and black pepper  
8 oz. raw boneless skinless chicken breast, cut into 10 nuggets  
3 tbsp. Frank's RedHot Original Cayenne Pepper Sauce

### Directions

Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.

In a blender or food processor, grind cereal and chips into crumbs. Transfer to a wide bowl and mix in seasonings.

Place chicken nuggets in a large bowl. Top with sauce and toss to coat.

One at a time, shake nuggets to remove excess sauce and coat with crumbs. Evenly lay on the baking sheet.

Bake for 10 minutes. Flip chicken. Bake until cooked through and crispy, about 6 minutes. Eat!

MAKES 2 SERVINGS

**HG FYI:** You probably won't use all the hot sauce to coat the chicken, but we included it in the nutritional info. Actual sodium count will likely be lower.

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