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Buffalo Style Chicken Fingers

Ingredients

87 grams of chicken cut into long strips

Melba toast crushed (optional for phase 3, 4)

2 Tablespoons hot sauce (Frank's red hot sauce works the best for this recipe)

4 Tablespoons lemon juice

Salt and black pepper to taste

Directions

Marinate chicken strips in lemon juice and salt. Coat chicken strips with melba crumbs (optional). Fry in frying pan with a small bit of organic Extra Virgin Olive Oil Spray until lightly brown and cooked thoroughly. Toss with hot sauce and black pepper to taste. Serve as a finger food or as an entrée. Serve with raw celery sticks or other desired vegetable. Make multiple servings for a healthy appetizer for the big Rose Bowl Game!

Makes 1 serving (meat)