

Oven baked buffalo chicken!

Ingredients

1/3 cup low-fat buttermilk

Frank's hot sauce – to taste – add a few shakes up to 2 Tablespoons!

1 tablespoon salt-free Cajun seasoning

1/4 teaspoon salt

1 cup wheat panko (Japanese breadcrumbs)

4 boneless skinless chicken breasts or tenders - cut chicken into whatever shape you want (entire breast, tenders or nuggets - this will change the cook time)

Cooking spray

Preparation

Preheat oven to 400°.

Combine first 4 ingredients in a shallow dish.

Place panko in a shallow dish.

Dip chicken, one piece at a time, into buttermilk mixture; dredge in panko.

Place chicken on a baking sheet lined with parchment paper and lightly coat chicken with cooking spray (such as Pam).

Bake at 400° until done, turning half way through (approx. 25-30 minutes for whole breast and 15-20 for tenders and nuggets)