

Boneless Buffalo Wings

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Palm Beach Post

Servings: 8

Preparation Time: 30 minutes

Start to Finish Time: 40 minutes

FOR THE SPICY BLUE CHEESE DIP

2/3 cup reduced-fat sour cream

2/3 cup crumbled blue cheese

1 tablespoon distilled white vinegar

1/4 teaspoon cayenne pepper

FOR THE WINGS AND VEGETABLES

3 tablespoons nonfat buttermilk

3 tablespoons hot sauce, divided

3 tablespoons distilled white vinegar, divided

2 pounds chicken tenders

6 tablespoons whole-wheat flour

6 tablespoons cornmeal

1/2 teaspoon cayenne pepper

2 tablespoons canola oil, divided

2 cups carrot sticks

2 cups celery sticks

TO PREPARE THE DIP::

In a small bowl, whisk the sour cream, blue cheese, vinegar and cayenne. Cover and refrigerate until ready to serve.

TO PREPARE THE WINGS:

In a large bowl, whisk the buttermilk, two tablespoons of the hot sauce and two tablespoons of the vinegar until combined. Add the chicken, toss to coat. Transfer to the refrigerator and let marinate for at least 10 minutes or up to one hour, stirring occasionally.

Meanwhile, in a shallow dish, whisk the flour and cornmeal. In a small bowl, whisk the remaining one tablespoon of hot sauce and one tablespoon of vinegar. Set aside.

Remove the chicken from the marinade and roll in the flour mixture until evenly coated. (Discard the remaining marinade and flour mixture.)

Sprinkle both sides of the chicken with 1/2 teaspoon of cayenne. In a large nonstick skillet over medium-high, heat one tablespoon of oil. Add half of the chicken, placing each piece in a little oil. Cook until golden brown and cooked through, about 3 to 4 minutes per side. Transfer to a serving platter.

Repeat with the remaining oil and chicken, reducing the heat if necessary to prevent burning. Transfer to the platter.

Drizzle the chicken with the reserved hot sauce mixture.

TO SERVE:

Serve with carrots, celery and spicy blue cheese dip.

Yield: 2 wings, 1/2 cup vegetables

Per Serving (excluding unknown items): 228 Calories; 8g Fat (30.6% calories from fat); 29g Protein; 11g Carbohydrate; 1g Dietary Fiber; 65mg Cholesterol; 501mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 Fat.