



### **Spicy Buffalo Chicken**

2 tsp Paprika

2 tsp Chili Powder

4 portions chicken breast (about 1 lb)

1 Tbsp Olive Oil

½ cup hot pepper sauce (I prefer Frank's)

1. In a small bowl, combine paprika and chili powder. Then sprinkle spice blend over chicken breasts. (I prefer to cut chicken breasts into strips before doing this.)
2. Lightly coat a large skillet with cooking spray and place over medium-low heat. Place chicken breasts in skillet; cook for 6 minutes. Turn and cook until no longer pink in the center, about 6 more minutes.
3. Place a large saucepan over low heat. Add olive oil and heat for 1 minute. Stir in hot pepper sauce.
4. When the chicken breasts are done, remove from skillet, place in saucepan and coat evenly with hot pepper sauce mixture.

This recipe was originally designed to make a chicken sandwich, which you can easily do by adding a whole grain bun and some lettuce and tomato. You won't need any type of spread since the flavor of the chicken is fantastic and strong! I personally like to cook up this chicken in bulk for the week and serve the chicken with brown rice, on a salad, or in a whole wheat tortilla with fresh spinach and tomatoes. The meals you can create with this chicken are almost limitless!

Makes 4 servings and takes 20 minutes to prepare.

Recipe from Eating For Life by Bill Phillips

(You can find this recipe, along with others at [PolsonFitness.com](http://PolsonFitness.com)!)