



## Hot-Wing-Flavored Chicken with Ranch Sauce

Serves 4; 3 ounces chicken and 2 tablespoons sauce per serving

2 tablespoons hot-pepper sauce, or to taste  
1 tablespoon fresh lemon juice  
2 teaspoons olive oil  
4 boneless, skinless chicken breast halves (about 4 ounces each), all visible fat discarded  
Vegetable oil spray  
1 cup cornflake crumbs (about 2 cups flakes)  
1/4 cup fat-free or light sour cream  
1/4 cup low-fat buttermilk  
1/2 teaspoon garlic powder  
1/4 teaspoon dried dill weed, crumbled

In a large shallow bowl, stir together the hot-pepper sauce, lemon juice, and olive oil. Add the chicken and turn to coat. Cover and refrigerate for 30 minutes to 8 hours, turning occasionally if longer than 30 minutes. Discard the marinade.

Preheat the oven to 375°F. Lightly spray an 8-inch square baking pan with vegetable oil spray.

Put the cornflake crumbs on a plate. Turn the chicken to coat both sides. Transfer to the baking pan. Lightly spray the top of the chicken with vegetable oil spray. Bake for 30 minutes, or until the chicken is no longer pink in the center and the coating is crisp. Transfer to a serving plate.

Meanwhile, in a small bowl, whisk together the remaining ingredients. Cover and refrigerate until ready to serve. Spoon the sauce over the chicken or use as a dipping sauce.

**Tip:** Hot-pepper sauce made from cayenne peppers (a bit milder) or Tabasco peppers works well. Let your heat tolerance be your guide.

### Nutrition Analysis (per serving)

Calories	220
Total Fat	4.0 g
Saturated	1.0 g
Polyunsaturated	0.5 g
Monounsaturated	2.0 g
Cholesterol	69 mg
Sodium	250 mg
Carbohydrates	16 g
Dietary Fiber	1 g
Sugars	3 g
Protein	29 g

### Dietary Exchanges

1 starch  
3 very lean meat

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