

Your Name	Linda Bryce
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Recipe Name	Buffalo Chicken Strips
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Category (select one)	Poultry
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List of Ingredients and Quantity

Blue Cheese Dip:

- 2/3 cup nonfat plain yogurt
- 2 tablespoons reduced-fat mayonnaise
- 2 ounces crumbled blue cheese
- 3 tablespoons finely chopped scallions
- 1/4 teaspoon coarsely ground black pepper

Chicken Strips and Celery Sticks:

- 1 teaspoon vegetable oil
- 1/2 pound skinless boneless chicken breasts, cut crosswise into 1/4-inch strips
- 1/4 teaspoon salt
- 2 teaspoons butter
- 1 tablespoon Frank's original hot sauce
- 5 celery stalks, cut into 3-inch sticks

Instructions

In a small bowl, whisk together the yogurt, mayonnaise and blue cheese. Stir in the scallions and pepper and set aside while preparing the chicken. Cover and refrigerate.

Heat the oil in a large, preferably nonstick skillet.

Season the chicken with the salt and place in skillet.

Cook the chicken over medium-high heat, stirring frequently, until lightly browned and cooked through, 3 to 4 minutes.

Remove the skillet from the heat.

Add the butter and hot sauce to the pan and swirl until the butter barely melts and the sauce coats the chicken.

Serve the chicken and celery sticks along with the blue cheese dip. Provide toothpicks for spearing the chicken and dipping it in the sauce.

