

Buffalo Ranch Chicken

A special request from my Connect-Amiga, @Kygoatgirl

This is my WW-ified version of the sandwich from the national food chain, "Buffalo Wild Wings". My version uses a chicken breast that's been breaded and baked with my low point breading recipe. It then gets topped with Swiss cheese and drizzled with low point ranch dressing and buffalo sauce.

Ingredients:

Breaded Chicken Breasts:

- 4 chicken breasts. For you Greenies, use 4oz chicken breasts.
- Breading: Prepare 1 batch of my "breading 2.0", recipe in my "Cookbook: Volume 1", on page 35. However, if you're on the Green Plan, use egg whites instead of whole eggs, for points.

Quick Buffalo Sauce: (makes 1 cup, 0 total points)

- 3/4 cup 0 point red pepper sauce, such as 'Frank's RedHot original cayenne pepper sauce'.
- 2 tsp worcestershire sauce
- 2 Tbsp white vinegar
- 1/2 tsp garlic powder
- 2 Tbsp plain fat free Greek yogurt

Quick Ranch Dressing: (makes 1 cup, 0 total ingredient points)

- 3/4 cup plain fat free Greek yogurt
- 1/4 cup almond milk, or water
- 1 tsp light mayonnaise
- 1 tsp Hidden Valley 'Ranch' dressing & seasoning mix. Buy a ranch dressing packet from the store. Scan it to ensure you get one that's 0 points for at least half of the packet.

Additional Ingredients:

- 4 slices thin sliced Swiss cheese (see notes)
- Dill pickle slices
- Sliced Onion
- 4 tomato slices
- Lettuce

Servings Info.:

Yields: 4 sandwiches

Servings: 4

Serving Size: 1 sandwich

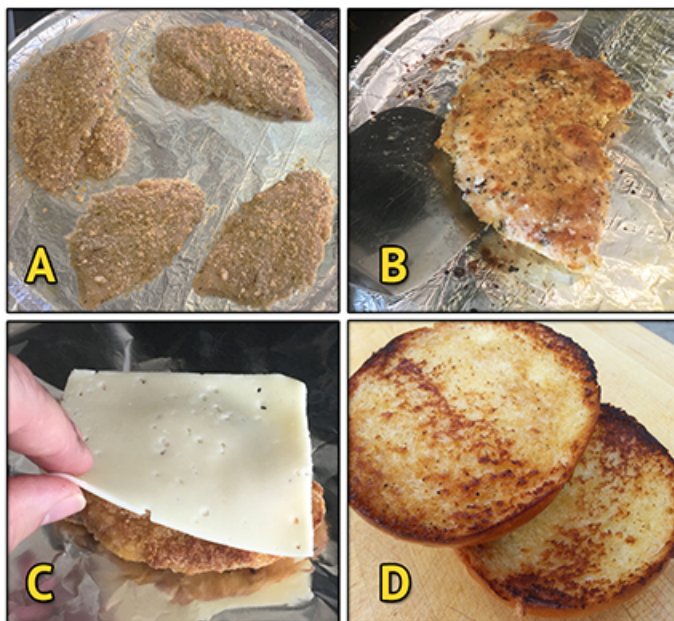
Points:

	G	B	P
1 serving =	5	3	3
2 servings =	10	5	5
3 servings =	14	8	8
4 servings =	19	10	10

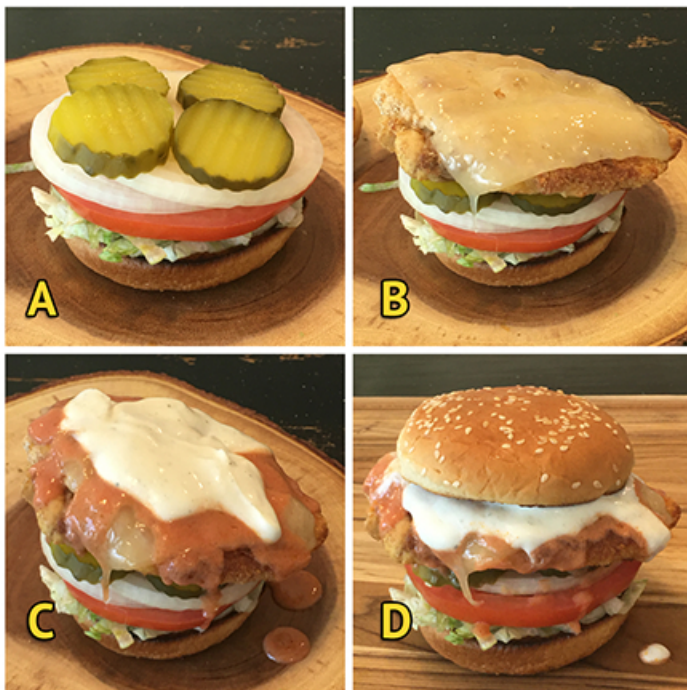
(These listed points **DO NOT INCLUDE** the bun. Use whichever brand buns or bread you want, then add these points. This is what's between the buns)

Directions:

1. Prepare a batch of my breading, as directed. Set aside. Mix together the Buffalo sauce. Set aside. Mix together the ranch dressing. Set aside.



2. Preheat oven to 425 degrees. (A) Bread the chicken, spray with cooking spray and bake for 14 minutes. (B) Flip and cook for 8 more minutes. (C) Remove from oven, place 1 slice of cheese onto each breast (the chicken ones!!!) Bake for 1 more minute, to melt the cheese. (D) Toast the buns, set aside.



3. **(A)** Place a small mound of lettuce onto your bottom bun, followed by a slice of tomato, then onion rounds and dill pickle slices. **(B)** Next, place a cheese covered chicken breast on top of the pickles. **(C)** Pour a scoop of buffalo sauce on top of the cheese, then drizzle a good amount of ranch dressing onto the buffalo sauce. **(D)** Finally, place the toasted top bun onto the sandwich. Go grab a fist full of napkins, unhinge your jaw, and get to work. Done.

NOTES & SUGGESTIONS:

- **CHICKEN:** If you choose to simply grill or cook the chicken in a pan, without breading it, your sandwiches will go down 1 point per sandwich.
- **BUFFALO SAUCE:** This is a simple, quick, easy and slightly creamy buffalo sauce. However, it is a thinner sauce, because it's meant to be drizzled and not to be used as a thick dip. If you would LIKE the sauce to be thicker, there are 2 options:
 - * Mix in some more Greek yogurt. This will make it thicker, but will cut back on the spiciness. However, it will add points for Greenies.
 - * In a small pot, bring the first 4 ingredients to a boil. Pour in 1-1/2 tsp cornstarch, dissolved into 1 Tbsp of water. Let it boil for 1-2 minutes, then allow to cool. Once cooled, stir in the Greek yogurt.
- **RANCH:** You don't have to make mine, use whatever Ranch you want, but adjust your points.
- **BREADING:** You Gluten Free folks, please make note that KELLOGG'S brand Rice Krispies is not Gluten free. Make sure to find a gluten free brand, or use another cereal that is low points for 1-1/4 cups, such as rice chex.
- **CHEESE:** 2 slices of Sargento brand thin sliced swiss cheese are 3 points. NORMAL thickness swiss cheese is usually 3 points. So, it gives you options. You can use 1 thin slice per sandwich, like I did, which makes the points for the cheese 1 point on the first burger, 3 for the second, 4 for the 3rd and 6 for the 4th serving of cheese. Or, you can simply scan different brands of Swiss cheese, use whatever you want, and adjust the points of the recipe. Either way... it's a low point sandwich.
- **SPICINESS:** Want the sandwich spicier? After the chicken first comes out of the oven, dunk the breasts in buffalo sauce, then place back on the pan, cover with cheese, THEN put back into the oven to melt the cheese.

