



# Spicy Buffalo Chicken Sandwich

Chicken marinated in spicy Buffalo sauce, served with a cayenne blue cheese spread

Those of you who know me, know I have the heat tolerance of an 8 year old Tibetan boy. My palette considers the mild sauce at Taco Bell to be 1 degree cooler than molten lava. So, you can understand how big of a deal it is, that I forced myself to make... and eat... this sandwich. Forever dubbed (to me anyways) Satan's Chicken Sandwich. Honestly, folks. You people who love ultra spicy food, yet think there's something wrong with pineapple on a pizza, have food issues.

## Servings Info.:

Yields: 4 sandwiches

Servings: 4

Serving: 1 sandwich



1-4

- last checked 06/28/22 -  
Listed Points DO NOT INCLUDE BREAD! Use  
whatever bread you want, then add my points.

## Ingredients:

### Cayenne Buffalo Sauce/Marinade: (makes 2/3 cup 0 points)

- 5 second spray, butter flavored cooking spray
- 1/4 cup fat free chicken broth
- 1/3 cup Frank's Red Hot Original cayenne pepper sauce
- 1 tsp worcestershire sauce
- 1 Tbsp white vinegar
- 1/8 tsp garlic powder
- 1 tsp paprika
- 1/4 tsp salt

### Chicken:

- 4 (5oz) boneless skinless chicken breasts
- 1/4 tsp baking soda, dissolved in 1 tsp water

### Buffalo Blue Cheese Spread

- 1/4 cup of Buffalo Sauce, recipe above
- 1/4 cup crumbled blue cheese

### Cayenne Yogurt Spread

- 3 Tbsp plain fat free Greek yogurt
- 1 Tbsp Frank's red hot cayenne pepper sauce

### Additional Ingredients:

- Lettuce, any preferred variety
- Tomato, thin sliced
- Red Onion, thin sliced

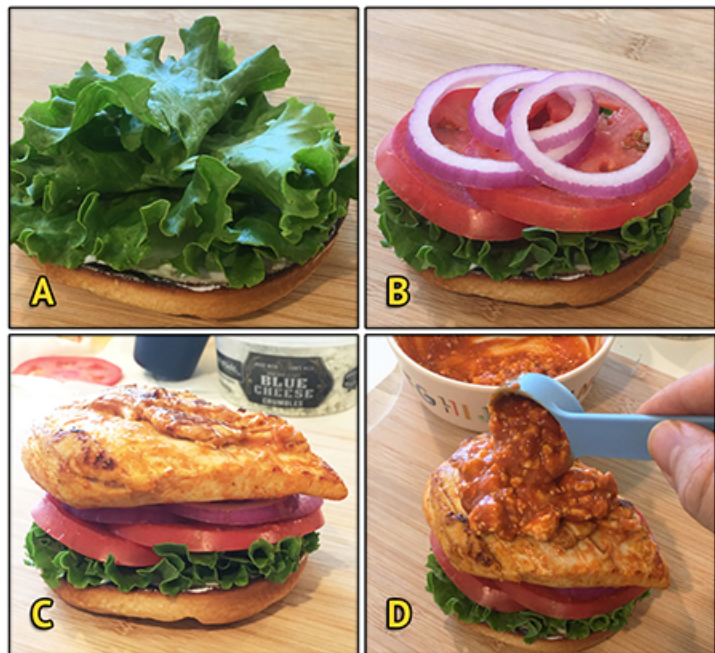
## Directions:



1. **(A)** Heat all of the Buffalo Sauce ingredients into a small pot. Stir till smooth, then bring to a boil. Let simmer for 4 minutes, then remove from heat and let cool. **(B)** Set aside 1/4 cup of the Buffalo sauce. Pour the remaining sauce, along with the dissolved baking soda over the chicken breasts. Mix to coat, let marinate for 2 hours. **(C)** Mix the reserved 1/4 cup buffalo sauce WITH 1/4 blue cheese. Cover, set aside. **(D)** After the chicken has finished marinating, preheat a large pan over medium heat, till water sizzles on its surface. Spray the pan with cooking spray, then place the chicken onto the pan. Cook over medium heat for 4 minutes per side, or till done. Set aside.



2. In a small cup, mix together the 2 ingredients for the cayenne yogurt spread. Set aside.



3. Toast your buns, if desired, then: **(A)** Spread 1 Tbsp of the cayenne yogurt mixture onto the bottom bun, followed by some lettuce. **(B)** Next, place 2 thin slices of tomato, then 2 or 3 thin slices of red onion on top of the lettuce. **(C)** Place a cooked chicken breast over the onions, then **(D)** spoon 1-1/2 Tbsp of the blue cheese/buffalo sauce mixture over the top of the chicken. Cover with the top bun, done.

## NOTES & SUGGESTIONS:

- **BUFFALO SAUCE:** Ok, look. I know that I could simply say "go buy a bottle of buffalo sauce and marinate your chicken with it." But, that would kiiiiinda suck... and it'd mean I'm getting lazy. So, nope. I wanted to actually show an easy way to make buffalo sauce using a bottle of hot sauce as a base. This way has more flavor and you can control the ingredients in your sauce. Aaaaand, my version gives you 2/3 cup for 0 points, without any fat or butter in it.
- **FRANK'S HOT SAUCE:** Though you can use ANY bottled hot sauce you want, I chose to use "Frank's", because it's available at most major grocery stores, is insanely popular and is well known for being used in recipes for hot chicken and wings. However, as mentioned, feel free to use your own favorite brand of hot sauce.
- **BLUE CHEESE:** You can go about this 3 ways.
  - (1) You can do what I did... mix the blue cheese with 1/4 cup of the buffalo sauce, then scoop it onto the chicken. OR...
  - (2) You can spoon the reserved buffalo sauce onto the chicken, THEN sprinkle 1 Tbsp of blue cheese over the sauce. The buffalo sauce will spread out more and cover the chicken, like a true sauce. Or...
  - (3) Brush the reserved sauce all over the cooked chicken breasts, then place a 1 Tbsp mound o' cheese on the chicken.

See? You can customize this sandwich to your own preferences. Huzzaaaaah!!!!

- **WASH YOUR HANDS!!!!:** After doing anything with the cayenne pepper sauce, WASH YOUR HANDS with soap and water. OR, use gloves.

