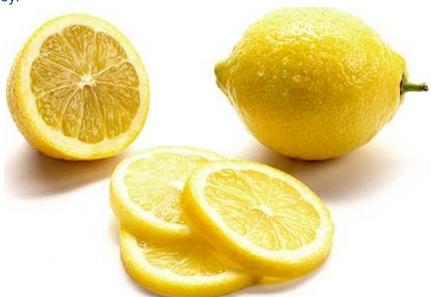
Buffalo Style Chicken Fingers

Ingredients

- 100 grams chicken, cut into thin long strips
- 1 Melba toast, crushed (optional)
- 2 tablespoons hot sauce (Frank's red hot sauce works the best for this recipe)
- 4 tablespoons lemon juice
- Sea salt and pepper to taste

Directions

- 1. Marinate chicken strips in lemon juice and salt.
- 2. Coat chicken strips with Melba crumbs.
- 3. Fry in frying pan until lightly browned and cooked thoroughly.
- 4. Toss with hot sauce and black pepper to taste.
- 5. Serve as finger food or as an entrée.
- 6. Serve with raw celery sticks or desired vegetable.
- 7. Garnish with parsley.



Makes 1 servina

25 grams protein 2 grams fat

157 calories

(1 protein, 1 Melba toast)



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