

Heat a large nonstick skillet over high heat. Spray the pan with oil. Add the chicken and cook until browned on each side and no longer pink, 6 to 8 minutes. Remove the pan from the heat and pour the hot sauce over the chicken, turning to coat well. Slice on an angle and set aside.

**For the salad:** Tear the lettuce into bite-size pieces. Put it into a large bowl with  $\frac{1}{2}$  cup of the dressing and toss. Divide the lettuce among 4 serving plates. Top with the cucumbers, carrots, celery, and tomatoes, and drizzle the remaining dressing on top. Top the salad with the sliced chicken and sprinkle with the blue cheese crumbles.

#### **FOOD FACTS** heating things up

Adding a little spice to your foods may help you eat less. Capsaicin, the component that gives peppers their kick, has been shown to rev metabolism and increase body temperature, both of which can help burn more calories. Research also suggests that it helps quell appetite, cut cravings, and reduce the number of calories consumed at a meal. However, many of these benefits were seen in people who don't normally consume capsaicin—so if you normally like it hot, you may not reap all these pepper perks.

#### **skinny**scoop

Leftover buttermilk? Freeze it! Then thaw it overnight in the refrigerator or defrost it in the microwave. Freezing may cause the milk to separate. Before using in your recipe, be sure to mix it well to reincorporate.