

Buffalo Chicken Salad

SERVES 4



When I was in my late teens and early twenties, I loved going out to dinner with the girls to order strictly off the appetizer menu. We'd share all kinds of typical American apps, like Buffalo wings, complete with celery and blue cheese dressing. I don't think I realized—or cared—just how fattening those deep-fried wings smothered in butter actually were. Now, after having children and my metabolism has slowed a bit, I skip the fattening wings in favor of this salad, which has everything I love about Buffalo wings, but in a healthy form.

SKINNY BLUE CHEESE DRESSING

½ cup crumbled blue cheese
5 ounces 0% Greek yogurt
2 tablespoons buttermilk
1 tablespoon light mayonnaise
(I prefer Hellmann's Light)
1 tablespoon white balsamic vinegar
½ tablespoon fresh lemon juice
½ teaspoon dried parsley flakes

¼ teaspoon garlic powder
¼ teaspoon kosher salt
Freshly ground black pepper

CHICKEN

1 pound chicken tenders
½ teaspoon chili powder*
½ teaspoon garlic powder
½ teaspoon freshly cracked black pepper
Cooking spray or oil mister
½ cup Frank's RedHot sauce

SALAD

1 medium head red leaf lettuce
1 English cucumber, sliced
¼ inch thick and halved
(2 cups)
1 cup shredded carrots
2 medium celery stalks, sliced
¼ inch thick (½ cup)
1 medium tomato, chopped
¼ cup crumbled blue cheese

*Read the label to be sure this product is gluten-free.

For the skinny blue cheese dressing: In a small bowl, mash the blue cheese and yogurt together with a fork. Stir in the buttermilk, mayonnaise, vinegar, lemon juice, dried parsley flakes, and garlic powder. Season with the salt and a pinch of black pepper.

For the chicken: Season the tenders with the chili powder, garlic powder, and black pepper.

(recipe continues)

PER SERVING	(2 CHICKEN STRIPS + 3 CUPS SALAD)
CALORIES	287
FAT	5 g
SATURATED FAT	4.5 g
CHOLESTEROL	93 mg
CARBOHYDRATE	11 g
FIBER	2.5 g
PROTEIN	35 g

FABULOUS
MAIN-DISH
SALADS