

Low-Point Buffalo-Style Chicken

Ingredients:

- 5, 4 oz. skinless chicken thighs
- 1/2 tsp. salt
- 1 tsp. pepper
- 1 tsp. ground coriander
- 1/2 tsp. garlic powder
- 3 Tbs Panko (bread crumbs)
- 2 tsp. olive oil
- 1 Tbs Ranch light dressing
- 1/2 Tbs Buffalo-Style wing sauce
- 2 Tbs Land O Lakes light butter with canola

Preheat oven to 375 degrees. In a small bowl combine salt, pepper, coriander, garlic powder, and Panko. In a large skillet, heat olive oil over medium-high heat. Coat chicken thighs with Panko mixture and sear in skillet for 3 to 4 minutes on each side until chicken has a nice brown coating. Transfer chicken to baking dish and bake chicken at 375 degrees for about 10 minutes or until done. Combine ranch dressing, wing sauce, and butter in a small microwaveable bowl and heat until warm. Drizzle chicken with buffalo butter sauce and enjoy!

Total servings - 5

Serving size - 1

Points per serving - 4.4

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

***"The nicest place to be is in someone's thoughts. The safest place to be is in someone's prayers. The best place to be is in God's hands."
- Marilyn Austin***