



## Spicy Buffalo Grilled Chicken Sandwich or Salad

### INGREDIENTS

- 4 thawed chicken breasts (bone in or boneless)
- 1 ½ cups of your favorite hot sauce (bottled or homemade)
- 1 thinly sliced cucumber

2 T Blue cheese

1 cup fresh baby spinach - more if making salads

Carrot and celery sticks

Ranch dressing OR Bleu Cheese dressing

If making sandwiches: 4 sandwich buns or hoagie rolls

### DIRECTIONS

1. Place chicken in shallow, glass baking dish, pour hot sauce over the chicken, cover with plastic wrap and refrigerate overnight. The chicken is most flavorful if it is turned once about half way through.
2. Heat grill to medium temperature. Slowly grill the chicken until an internal temperature of 165 degrees is achieved. Allow chicken to rest under a tent of foil after removing from grill for 7 minutes.
3. To serve as a sandwich:
4. Slice the chicken breasts, layer meat on the bun, top with bleu cheese, sliced cucumber, spinach and dressing to taste.
5. To serve as a salad:
6. Dice the chicken, place on a bed of spinach, add bleu cheese and sliced cucumbers. Top with dressing as desired.
7. Enjoy with a side of carrot and celery sticks with Ranch or Bleu Cheese dressing.



# UW

# EXTENSION

## NUTRITION & FOOD SAFETY RECIPE OF THE MONTH APRIL

### Spicy Buffalo Grilled Chicken Sandwich

<b>Nutrition Facts</b>	
1 serving per container	
<b>Serving size</b>	<b>1 (0.0g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>450</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 16g	<b>21%</b>
Saturated Fat 3.5g	<b>18%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 95mg	<b>32%</b>
<b>Sodium</b> 850mg	<b>37%</b>
<b>Total Carbohydrate</b> 40g	<b>15%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 8g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 37g	<b>74%</b>
Vitamin D 0mcg	0%
Calcium 104mg	8%
Iron 2.7mg	15%
Potassium 705mg	15%
Vitamin A 270mcg	30%
Vitamin C 4mg	4%
Vitamin E 0.9mg	6%
Vitamin K 60mcg	50%
Thiamin 0.5mg	45%
Riboflavin 0.5mg	40%
Niacin 14.4mg	90%
Vitamin B6 1mg	60%
Folate 120mcg DFE	30%
Vitamin B12 0.4mcg	15%
Pantothenic Acid 2mg	40%
Phosphorus 313mg	25%
Magnesium 42mg	10%
Zinc 1.1mg	10%
Selenium 39mcg	70%
Copper 0.1mg	8%
Manganese 0.1mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	