

Buffalo Style Chicken Fingers

Makes 1 serving (1 protein, 1 Melba toast)
25 grams protein
2 grams fat
157 calories

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.

