

Buffalo Chicken Tenders

Serves: 6

Ingredients:

- 1 cup crumbled blue cheese
- 1 cup low-fat buttermilk
- Salt & pepper
- 1 cup all-purpose flour
- 1 ½ lbs. chicken tenders
- ½ cup vegetable oil
- 1/3 cup hot sauce
- 2 tbsp. melted butter

Instructions:

- Preheat oven to 250 degrees. Place a wire rack on a rimmed baking sheet, and transfer to oven. In a medium bowl, stir together blue cheese and 1/2 cup buttermilk. Season dip with salt and pepper, and set aside.
- Place flour and remaining 1/2 cup buttermilk in separate medium bowls; season with salt and pepper. Set out another rimmed baking sheet alongside. Dip chicken in buttermilk (allowing excess to drip off), then in flour (shaking off excess); place on sheet.
- In a large skillet, heat oil over medium-high. Working in batches, fry chicken until golden brown and cooked through, 3 to 4 minutes per side. Transfer to rack in oven to keep warm.
- In a large bowl, stir together hot sauce and melted butter. Add chicken, and toss to coat. Serve tenders with blue-cheese dip.