



# Feta-Crusted Chicken with Buffalo Sauce

## INGREDIENTS

- (2) 5-oz boneless skinless chicken breasts
- 1/2 oz light butter
- 1 oz fat-free feta crumbles
- 3/4 oz tri-color tortilla strips, crushed
- 2 tsp Frank's RedHot Sauce

## NUTRITION FACTS

Serves: 2

Amount Per Serving:

- Calories 193
- Total Fat 3 g
- Saturated Fat 1 g
- Cholesterol 102 mg
- Sodium 389 mg
- Carbohydrate 3 g
- Dietary Fiber 0 g
- Sugars 1 g
- Protein 36 g
- myWW Blue: 3
- myWW Purple: 3
- myWW Green: 6

## DIRECTIONS

1. Pat chicken breasts dry, and season both sides with a pinch of salt and pepper.
2. Spray a medium skillet with cooking spray and heat over medium heat.
3. Add chicken breasts to hot pan and sear until browned, 5-7 minutes. Flip chicken.
4. Top chicken with feta crumbles and tortilla strips.
5. Cook until 5-7 minutes or until done (depending on thickness ).
6. Remove from burner. Transfer to a plate and tent with foil. Let rest 5 minutes.
7. While chicken is resting, make buffalo sauce.
8. Place butter in a microwave-safe bowl and microwave until melted, 30-60 seconds. Vigorously stir in hot sauce (to taste).
9. Drizzle sauce over chicken.
10. Enjoy!

This recipe can be found at:

<https://planningushealthy.com/feta-crusted-chicken>

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