

Baked Buffalo Chicken Breasts



Crisp and tender, these panko coated baked buffalo chicken breasts take just 10 minutes to cook in the oven for a quick and easy dinner.

Course	Main Course
Cuisine	American
Keyword	buffalo chicken breasts
Prep Time	45 minutes
Cook Time	10 minutes
Total Time	55 minutes
Servings	6
Calories	311kcal

Ingredients

- 3 skinless, boneless chicken breasts
- 1 cup Frank's RedHot® Original Hot Sauce , or similar buffalo sauce
- ½ cup butter , melted and slightly cooled
- 1 cup panko bread crumbs
- 2 teaspoon garlic powder
- 2 teaspoon kosher salt
- 2 teaspoons freshly ground black pepper
- 4 ounces crumbled blue cheese
- Ranch or blue cheese dressing for dipping
- carrot and celery sticks

Instructions

1. Place the oven rack in the top third of the oven and preheat to 450°F. Lightly brush a large baking sheet with vegetable or canola oil and set aside.
2. Use a long, thin boning knife to slice each chicken breast in half lengthwise to create two thin fillets. Place the chicken breasts between two pieces of plastic wrap on a cutting board, and gently pound to about ¾-inch with a meat tenderizer. Place the chicken breasts in a 9 X 13 baking dish. Pour the hot sauce over the chicken and toss to coat. Marinate the chicken in the hot sauce for 30 minutes.
3. Pour the cooled melted butter into a shallow bowl and scatter the panko bread crumbs onto a small plate. Remove a chicken breast from the hot sauce and dip both sides allowing the excess to drip off, then into the bread crumbs. Pat the bread crumbs into each side of the chicken breast until its evenly coated, then place on the baking sheet. Repeat with the rest of the chicken.
4. Bake the chicken breasts for 10-12 minutes or until the bread crumbs are lightly browned and toasted and the chicken is cooked through. Remove from the oven and garnish with crumbled blue cheese. Serve with Ranch or blue cheese dressing and more hot sauce on the side, plus carrot and celery sticks.

Nutrition

Calories: 311kcal | Carbohydrates: 9g | Protein: 18g | Fat: 23g | Saturated Fat: 14g |

Polyunsaturated Fat: 1g | Monounsaturated Fat: 6g | Trans Fat: 1g | Cholesterol: 91mg | Sodium: 2540mg | Potassium: 303mg | Fiber: 1g | Sugar: 1g | Vitamin A: 638IU | Vitamin C: 1mg | Calcium: 130mg | Iron: 1mg