



EASY BUFFALO CHICKEN

By Dr. Cindy Tanzar
(Standard & Maintenance Plans)

This recipe is about as easy as it gets! If you're a buffalo chicken lover and have 5 minutes, you can put this dish together for lunch for your week or to freeze for future meals. Try eating this recipe several ways – in a lettuce wrap (add tomato, onion, celery, cucumbers, etc.), on top of a salad with ranch dressing, or simply as a side of protein on your plate. If you don't like as much heat, Genesis' Ranch Dressing or Primal Kitchen ranch will help to cool things down. In maintenance, enjoy this recipe with Blue Cheese or Feta... delicious!

Makes 8 servings. One serving is 4 ounces (adds sauce/liquid) and covers your protein and 1/2 fat for one meal.



INGREDIENTS

- 2.5 lbs (approx.) boneless chicken breasts
- 1 cup Frank's Original Hot Sauce
- 1/2 cup chicken broth
- 1 onion, diced
- 4 Tbsp Kerry Gold butter, melted
- Pink Himalayan salt & pepper, to taste



INSTRUCTIONS

Use avocado oil to coat your crockpot/slow cooker for easier cleanup.

Add all the ingredients into the crockpot, turning the chicken to coat well.

Cook on low for 6-7 hours or on high for 3 hours. Using two forks, you can shred the chicken, as it will fall apart easily.