

Buffalo Chicken Thighs

Servings: 2

Adapted from Wendy Kalen, Cooking Light SEPTEMBER 2011

Ingredients

3 tablespoons all-purpose flour
1/4 teaspoon salt
1/8 teaspoon garlic powder
1/8 teaspoon ground red pepper
4 boneless, skinless chicken thighs
1 tablespoon olive oil, divided
1 1/2 tablespoons hot sauce
1/2 tablespoon butter
Celery, cleaned and sliced

Preparation

- 1) Preheat oven to 375°.
- 2) Combine first 4 ingredients in a heavy-duty zip-top plastic bag; seal. Shake to blend. Add half of chicken to bag; seal. Shake to coat. Remove chicken from bag, shaking to remove excess flour mixture.
- 3) Heat a large nonstick skillet over medium-high heat. Add 1/2 teaspoons oil to pan; swirl to coat. Add flour-coated chicken to pan; sauté 4 minutes on each side or until browned. Transfer browned chicken to a jelly-roll pan. Repeat procedure with the remaining uncooked chicken, flour mixture, and oil. Discard remaining flour mixture. Bake chicken at 375° for 8 minutes or until done.
- 4) Combine hot sauce and butter in a microwave-safe dish; microwave at HIGH for 30 seconds or until butter melts, stirring to blend. Place chicken in a shallow dish; drizzle with butter sauce. Toss to coat.
- 5) Serve with celery on the side.

Potato Salad

Servings: 2

Adapted from Martha Rose Shulman, Cooking Light JULY 2004

Ingredients

2 cups small red potatoes, quartered (about 10 ounces)
1/4 cup finely chopped red onion
2 tablespoons chopped fresh parsley
1 tablespoon chopped fresh chives
1 hard-cooked large egg, finely chopped
1/8 cup red wine vinegar
1 tablespoons olive oil

1/4 teaspoons salt
1/4 teaspoon dried dill
1 teaspoon Dijon mustard
1/4 teaspoon freshly ground black pepper
1/2 garlic clove, minced

Preparation

- 1) Place potatoes in a saucepan and cover with water. Bring to a boil. Reduce heat; simmer 15 minutes or until tender. Drain; cool slightly. Place potatoes in a large bowl.
- 2) Add onion, parsley, dill, chives, and egg to bowl; toss gently.
- 3) Combine vinegar and remaining ingredients. Pour over potato mixture; toss gently to combine. Serve warm, at room temperature, or chilled.