

Senior Festive Foods for Health

Buffalo Chicken Salad with Buttermilk –Blue Cheese Sauce

Take Out:

- 2 4-ounce boneless, skinless chicken breasts
- 1 ½ teaspoon olive oil
- 1 tablespoon paprika
- 2 tablespoons hot sauce

Salad Dressing:

- ¼ cup buttermilk, non-fat
- ¼ cup yogurt, plain, non-fat
- 1 ½ tablespoon white wine vinegar
- ½ teaspoon sugar
- ½ teaspoon pepper
- ¼ cup blue cheese or gorgonzola cheese, crumbled

Salad:

- 2 cup Romaine lettuce
- ½ cup cucumber, sliced
- 1 large tomato, chopped
- ¼ cup shredded carrot
- ½ cup diced red pepper
- ½ cup sliced mushrooms

You'll Need:

- 2 medium mixing bowls
- Mixing spoon
- Liquid measuring cup
- Measuring spoons
- Dry measuring cups
- Knife
- Cutting board
- Plastic wrap
- Baking pan
- 2 salad plates
- Colander or salad spinner
- Vegetable peeler
- Platter or large salad bowl

Wash your hands for at least 20 seconds with soap under warm running water. Clean and sanitize the bowl, utensils, and any other surface that may have come in contact with the chicken.

1. Preheat oven to 375 degrees F.
2. Remove the buttermilk and yogurt *from the refrigerator*.
3. Immediately combine buttermilk, yogurt, vinegar, sugar, and pepper in a medium bowl. Whisk together thoroughly.
4. Stir in blue cheese.
5. Cover the dressing and place the mixture in a refrigerator below 40°F until service.
6. Combine olive oil, paprika, and hot sauce in a bowl. *Remove chicken breasts from the refrigerator* and add to the bowl. *Wash your hands again (as above) after handling the raw chicken.* Stir well, so that the chicken is evenly coated with the hot sauce mixture.
7. Place chicken on baking pan and bake at 375°F until an internal temperature of at least 165°F is reached. *The temperature of the chicken breasts should be checked using a calibrated instant-read food thermometer. The cooking may take from 15-20 minutes, depending on the size of your breasts, the type*

of cooking pan, and your oven. When the chicken is thoroughly cooked, if it will not be served immediately, hold at a temperature of 140°F or above until service.

8. While the chicken is cooking, clean and sanitize work surfaces and prepare the salad to go under the chicken.
9. Rinse the lettuce thoroughly and drain well. Break into large bite-size pieces.
10. Rinse the raw cucumber, tomato, carrots and bell pepper thoroughly. Peel the cucumber and carrots; slice off ends. Remove the stem and seeds from the bell pepper. Wipe off the mushrooms with a damp paper towel.
11. Chop or dice the vegetables and measure.
12. Mix the prepared vegetables together and evenly distribute over the lettuce.
13. Slice the warm chicken breasts into strips. Lay over the salad.
14. Serve with the buttermilk-blue cheese salad dressing on the side. Whole wheat crackers or a corn muffin would make a nice side to serve with the salad.
15. Immediately refrigerate any leftover chicken or salad in a refrigerator below 40°F.

2 servings

Nutrient Analysis:

Calories: 316	Carbohydrate: 14 grams	Protein: 35 grams
Fat: 12 grams	Saturated fat: 5 grams	Cholesterol: 88 milligrams
Sodium: 1087 milligrams	Dietary fiber: 3 grams	