



SWEET & SPICY BUFFALO CHICKEN BITES

AMERICAN

ROADMAP

Preheat your oven to 400.

1. Take the chicken breast out of the refrigerator at least 15 minutes prior to baking time. It's best that the Chicken, or any protein for that matter, be room temp prior to cooking.
2. Chop the chicken breasts into 2 in. pieces and set aside while you put together the coating.
3. In a large wide bowl or on a large plate, mix the following together for the coating:

Panko, Parm Cheese, Granulated Garlic & Onion, 1/8 tsp. Cayenne, 1 tsp. Salt, 1/2 tsp. black pepper

This is the simplest way to make baked chicken bites, in my opinion. They always turn out crunchy & the Chicken is very moist – never dry.



SERVINGS
4 - 6



ACTIVE TIME
20 MIN



TOTAL COOK TIME
40 MIN

INGREDIENTS

Chicken & Coating:

2 lb. Chicken Breast – cut into 1 in. cubes.

Coating:

2 Eggs – whisked together with a splash of water.

1 C. Panko breadcrumbs

1/4 C. Grated Parmesan Cheese

1 tsp. Granulated Garlic

1 tsp. Granulated Onion

A sprinkle of Cayenne if you like spice.

1 tsp. of Salt

1/2 tsp. of Black Pepper

Sauce Ingredients:

Sweet, Spicy Buffalo Sauce:

Whisk together:

1/4 C. Franks hot sauce or your favorite hot sauce

1/4 C. Sweet Chili sauce

1/4 C. Harissa – mild or spicy is your call

Dill Ranch Dip:

1/2 C. Mayonnaise

1/2 C. Greek Yogurt

1/4 C. Milk or Buttermilk

2 tbsp. Chicken Stock – It's the sleeper ingredient

1 tsp. Dried Dill

1/2 tsp. Granulated Garlic

1/2 tsp. Granulated Onion

1/2 tsp. Salt – fine Kosher or Sea

Black pepper – to your liking – I use a good 1/4 tsp.

1 Tbsp. Apple Cider Vinegar or lemon juice

4. Toss the Chicken in the bowl of whisked eggs, then press them into the breadcrumb spice mixture on all sides. This is a thin coating method – more Chicken, less coating.

Place the bites on a foil or parchment-lined sheet pan and sprinkle with olive oil or any oil of your choice.

I also sprinkle the Chicken with some dill for extra flavor. If you have cooking spray, you can use that.

It is essential that the Chicken has at least a tiny bit of oil on top to help it brown – the grated cheese in the coating will assist with browning as well.

5. Bake for 15 minutes or until they are golden & 165 degrees.

6. Toss or drizzle with your sweet, spicy buffalo sauce OR serve on the side.

7. A bowl of cooling dill Ranch brings it all together.

I know how easy it is to buy chicken nuggets from the frozen food section, but I'm telling you, these don't take much at all to prepare & you'll feel better knowing exactly what you & your family are eating – quality food!

These Chicken Bites are about tender Chicken & sauce not the thick batter coating.

Two pounds of Chicken might not be enough.

You, your family & friends will be popping these in your mouth like Popcorn!

These Are NOT Run-Of-The-Mill Buffalo Chicken Bites! With A Simple Three-Ingredient Sauce, The Sticky Sweetness And Complex Spice Keep You Coming Back For More. You Can't Make Enough Of These For Gatherings. Make Some Ahead Of Time And Keep It On A Sheet Pan In The Oven On The Lowest Setting. Believe Me, They Magically Disappear.