

A Game-Day Snack With Dad

Hang with Dad and prepare this scrumptious game-day snack for Father's Day. Whether or not you and Dad are rooting for the same team, the both of you are guaranteed to agree on how delicious this finger food is!

Buffalo Chicken Bites (Phase 1)

Description

What would a good baseball game be without the familiar taste of the devilishly spicy chicken that hails from Upstate New York?

Serves 8 (3-skewer)

Prep time: 15 minutes

Cook time: 10 minutes

Ingredients

3 tablespoons trans-fat-free margarine
2 tablespoons hot pepper sauce, or more to taste
1 teaspoon canola oil
3 (6-ounce) boneless, skinless chicken breasts, cut into 24 (1") cubes
1/4 teaspoon salt
1/8 teaspoon freshly ground black pepper
3 celery stalks, cut into 24 (1") pieces

Instructions

Melt margarine in a medium nonstick saucepan. Whisk in pepper sauce and cook for 1–2 minutes, or until slightly thickened; set aside.

Heat oil in a large nonstick skillet over medium-high heat. Season chicken with salt and pepper, add to pan, and cook, turning occasionally, until browned on all sides, about 6 minutes. Add margarine mixture to pan and gently toss chicken until well coated, 1–2 minutes.

Remove chicken from pan and skewer each cube with a toothpick. Skewer 1 piece of celery at the base of each. Arrange on a platter and serve with South Beach Diet-approved blue-cheese dipping sauce.

Nutritional information:

Per 3-skewer serving with 1 tablespoon dip:

150 calories
9 g fat (2.5 g sat)
1 g carbohydrate
16 g protein
0 g fiber
250 mg sodium

