

Buffalo Chicken Fries by Lynn's Recipes



An alternative to buffalo wings, but the same flavor. Great for appetizers or parties. Adapted from Cuisine At Home.

Ingredients:

- 1/3 cup hot sauce (such as Frank's)
- ½ stick unsalted butter, melted
- 1 Tablespoon honey
- 1 pound boneless, skinless chicken breast halves, sliced lengthwise into ½" wide strips
- Salt
- Pepper
- 1/3 cup all-purpose flour
- ¼ cup vegetable oil

Whisk together the hot sauce, butter, and honey in a large bowl and set aside.

Salt and pepper the chicken.

Place the flour in a large resealable plastic bag, add the chicken and shake to coat; shake off excess flour.

Heat 2 Tablespoons of the oil in a large sauté pan over medium-high heat and add half of the chicken strips. Saute until browned about 2 minutes on each side and then transfer to the hot sauce mixture and toss to coat. Repeat with the remaining oil and chicken strips.

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Lynn's Recipes: April 2012
www.lynnrecipes.com

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