

Foodnity Recipes

Buffalo Ranch Chicken Skillet

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 boneless, skinless chicken breasts (1½ lb total)
- [ ] 1 tsp salt
- [ ] ½ tsp freshly ground black pepper
- [ ] 2 tbsp olive oil
- [ ] 1 medium yellow onion, diced (about 1 cup)
- [ ] 1 red bell pepper, diced (about 1 cup)
- [ ] 3 cloves garlic, minced

The Sauce & Seasoning

- [ ] 1 cup Buffalo wing sauce (e.g., Frank's RedHot)
- [ ] ½ cup ranch dressing
- [ ] ½ tsp smoked paprika
- [ ] ¼ tsp cayenne pepper (optional)
- [ ] ¼ cup chicken broth

Cheese & Garnish

- [ ] ½ cup shredded mozzarella cheese
- [ ] ¼ cup shredded mild cheddar cheese (to mix in)
- [ ] ¼ cup shredded sharp cheddar cheese (for topping)
- [ ] ¼ cup chopped fresh parsley (for garnish)

Instructions

1. Start by seasoning your 4 boneless, skinless chicken breasts evenly with 1 tsp salt and ½ tsp freshly ground black pepper. Now, just let them rest for about 5 minutes; it gives you a little breathing room to get your vegetables ready.
2. Get your skillet going over medium-high heat and add 2 tbsp olive oil. Once that oil starts to shimmer, add the chicken breasts. Sear them for 4–5 minutes per side until they're a lovely golden brown. Go ahead and transfer the chicken to a plate for a moment.
3. In that same pan—don't wash it, you want those brown bits—add the diced onion and red bell pepper. Stir them around for about 3 minutes until they've softened up nicely.
4. Toss in the 3 cloves garlic, minced. Sáuté for just 30 seconds until it smells wonderful, but keep it moving so you don't accidentally burn it. Oops, that happens to the best of us!
5. Now pour in 1 cup Buffalo wing sauce (e.g., Frank's RedHot) and ½ cup ranch dressing. Stir in ½ tsp smoked paprika, ¼ tsp cayenne pepper (if you're feeling it), and ¼ cup chicken broth. Let it all come to a gentle simmer.
6. Nestle those seared chicken breasts back into the sauce. Turn the heat down to low, pop the lid on, and let it simmer for 10 minutes. Be a dear and turn the chicken halfway through.

7. Lift the lid and sprinkle on the 1 cup shredded mozzarella cheese and the ¼ cup shredded mild cheddar cheese. Put the lid back on briefly for about 2 minutes until the cheese is all melty and bubbly.

8. Well, safety first—check the internal temperature of the chicken with a meat thermometer. We're looking for exactly 165°F (74°C).

9. Take the lid off and sprinkle the remaining ¼ cup shredded sharp cheddar cheese on top. Let it sit for just 1 minute to set, then stir it gently into the sauce. Look at that creaminess!

10. Finish it off with ¼ cup chopped fresh parsley for a bit of color. Serve it up immediately while it's hot and spicy. Enjoy!

Nutrition per serving

410 kcal	38 g	12 g	24 g
Calories	Protein	Carbs	Fat

Tips & notes

- Let the seasoned chicken rest for 5 minutes before searing to ensure better flavor.
- Ensure the garlic is only sáutéed for 30 seconds to prevent a bitter burnt taste.
- Using a meat thermometer is the only way to be sure the chicken is juicy and safe.