

Foodnity Recipes

Easy Buffalo Chicken Dinner

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 boneless, skinless chicken breasts
- [ ] Salt and freshly ground black pepper, to taste

Buffalo Sauce Mixture

- [ ] 1/2 cup Frank's RedHot Original Buffalo Wing Sauce
- [ ] 1/4 cup unsalted butter, melted
- [ ] 1 tablespoon fresh lemon juice
- [ ] 1 teaspoon garlic powder
- [ ] 1 teaspoon onion powder
- [ ] 1/2 teaspoon smoked paprika

For Serving

- [ ] 2 tablespoons chopped fresh parsley (optional garnish)
- [ ] 1/2 cup ranch or blue-cheese dressing, for serving
- [ ] Celery sticks, for serving

Instructions

1. First things first, let's get that oven preheated to 400°F (200°C). While it's warming up, go ahead and line your baking sheet with aluminum foil—honestly, it makes the cleanup so much easier later.
2. Take your chicken breasts and give them a little love with some salt and freshly ground black pepper on both sides. Just a simple seasoning to make sure the flavor starts deep.
3. In a small bowl, whisk together the Frank's RedHot Original Buffalo Wing Sauce, melted butter, fresh lemon juice, garlic powder, onion powder, and smoked paprika. Keep whisking until it's all smooth and looks just right.
4. Place those seasoned chicken breasts onto your foil-lined sheet. Now, take your time and brush each piece with that lovely buffalo sauce mixture. I mean, make sure they're fully coated so every bite is flavorful.
5. Pop them in the oven and bake for 25-30 minutes. You're looking for an internal temperature of 165°F (74°C) and for those juices to run clear. Just keep an eye on them.
6. Once they're done, remove the chicken from the oven and let it rest for about 5 minutes. Look, I know it's tempting to dive in, but resting helps lock in the juices so the meat stays moist.
7. While the chicken is resting, if you have any sauce left in the bowl, go ahead and lightly drizzle it over the top. It's just an extra little burst of flavor, if you're feeling it.

8 Now for the finishing touch. Plate the chicken on a platter, sprinkle on some chopped fresh parsley, and arrange your celery sticks on the side. Set out that ranch or blue-cheese dressing for dipping.

9 And that's it! Enjoy your Easy Buffalo Chicken Dinner while it’s hot and juicy. Wow, that balance of heat and creaminess is just perfect.

Nutrition per serving

380 kcal	36 g	8 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- Letting the chicken rest for 5 minutes is non-negotiable for juicy meat.
- Using aluminum foil on the baking sheet saves you from a messy scrub later.
- The internal temperature of 165°F is the golden rule for safety and texture.