

## Chicken Strips with (Hot!) Dipping Sauce



### Ingredients:

- Chicken (breasts or strips)
- Hot Sauce
- Fat Free Ranch Dressing Mix

### Directions:

Step 1: If needed, cut the chicken into strips.

Step 2: Grill Chicken

Step 3: Mix hot sauce and ranch mix until it tastes awesome!

Step 4: Serve chicken and dipping sauce.

*Saving hundreds of calories if you substitute this for fried, battered hot wings!*

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