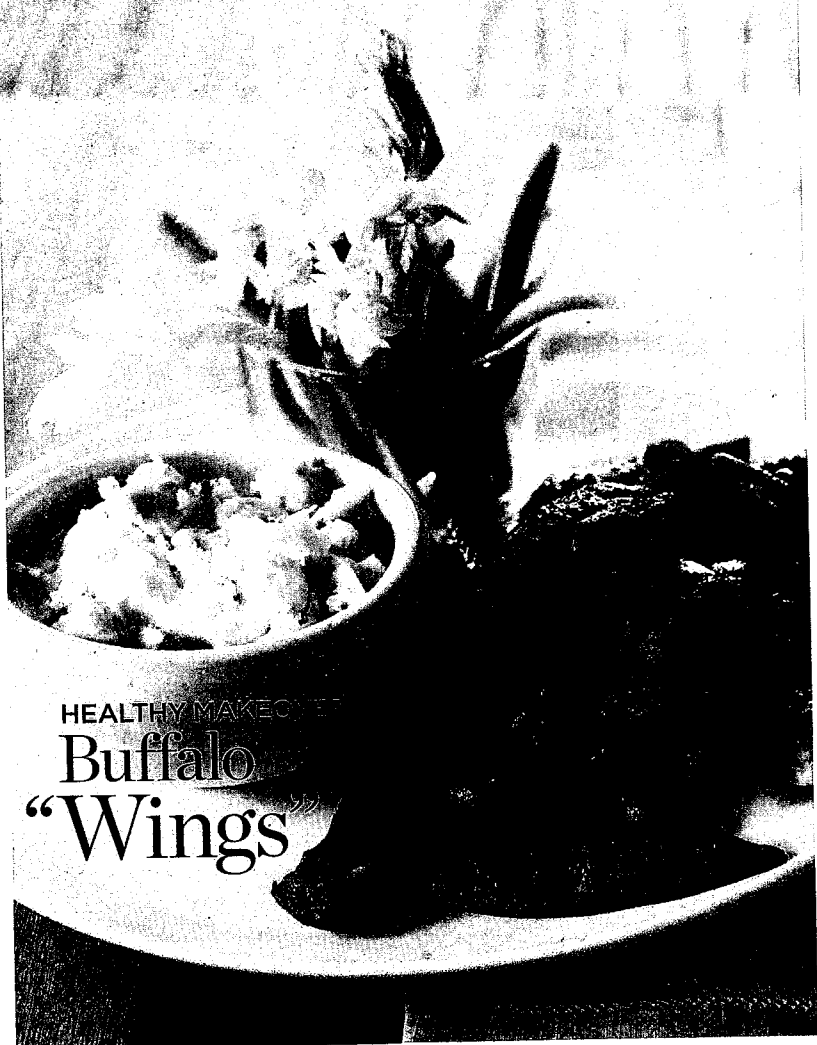


...photos, MUCKWISE from top left: KATE MATHIS, food styling by Anne Disrude, prop styling by Marcus Hay for patbatesandassociates.com, J MUCKLE/STUDIO D; Annabelle Breakey/Getty Images.



HEALTHY MAKEOVER  
**Buffalo**  
**“Wings”**

**What is game day without chicken wings?** No weight gain! The traditional deep-fried recipe is a blitz of up to 1,330 calories and 26 grams of saturated fat. Our alternative scores on flavor and only has 230 calories and 4 grams of saturated fat. The secret: Forgoing the fatty wings in favor of lean broiled tenders, and using light mayo and reduced-fat sour cream in our homemade blue cheese dip. Now *that's* worth cheering about.

**Active time** 15 minutes  
**Total time** 30 minutes  
**Makes** 4 appetizer servings

- 1 lb. chicken-breast tenders, each cut crosswise in half, then lengthwise in half
- ¼ tsp. ground red pepper (cayenne)
- Salt and pepper
- 3 Tbsp. cayenne pepper sauce
- 1 Tbsp. water
- 1 Tbsp. margarine or butter, melted
- ½ c. reduced-fat sour cream
- ¼ c. crumbled blue cheese (1 oz.)
- 2 Tbsp. light mayonnaise
- 2 Tbsp. fat-free (skim) milk
- ¼ tsp. Worcestershire sauce
- Carrot and celery sticks for serving

1. Place oven rack 6 inches from source of heat; preheat broiler. Spray 15½" by 10½" jelly-roll pan with nonstick cooking spray. Toss chicken with ground red pepper and ¼ teaspoon salt. Place on prepared pan and broil 3 minutes.
2. Meanwhile, in microwave-safe small bowl, microwave cayenne pepper sauce, water, and margarine on High 10 seconds. Add to chicken in pan and stir to coat. Broil 2 minutes longer or until chicken is no longer pink in center.
3. While chicken is cooking, prepare blue cheese dip: In small bowl, combine sour cream, blue cheese, mayonnaise, milk, and Worcestershire sauce.
4. Serve chicken with carrot and celery sticks and blue cheese dip.

**EACH SERVING** 🍷 About 230 calories, 29 g protein, 2 g carbohydrate, 11 g total fat (4 g saturated), 0 g fiber, 81 mg cholesterol, 880 mg sodium.