



Crispy Buffalo Chicken Salad



Entire recipe: 345 calories, 12.5g total fat (3g sat. fat), 907mg sodium, 21g carbs, 4g fiber, 6g sugars, 34g protein

[Click for WW PersonalPoints™ value*](#)

Prep: 10 minutes **Cook:** 25 minutes

More: [Lunch & Dinner Recipes](#), [Single Serving](#)



Ingredients

3 tbsp. panko bread crumbs
1/2 tsp. garlic powder
1/2 tsp. onion powder
2 tbsp. (about 1 large) egg white or fat-free liquid egg substitute
One 4-oz. raw boneless skinless chicken breast cutlet
3 cups chopped romaine lettuce
1/3 cup chopped tomato
1 tbsp. crumbled blue cheese
2 tsp. Frank's RedHot Original Cayenne Pepper Sauce, or more for topping
2 tbsp. light ranch dressing

Directions

Preheat oven to 375°F. Spray a baking sheet with nonstick spray.

In a wide bowl, mix bread crumbs, garlic powder, and onion powder.

Place egg white/substitute in a second wide bowl. Coat chicken with egg, followed by the seasoned bread crumbs. Place chicken on the baking sheet, and top with any remaining bread crumbs.

Bake for 25 minutes, until chicken is cooked through and golden brown, flipping halfway through.

Slice chicken into thin strips.

Place lettuce on a large plate or in a large bowl. Top with tomato, chicken, and blue cheese. Drizzle hot sauce over chicken. Toss with dressing, or serve it on the side.

MAKES 1 SERVING

Air-Fryer Alternative: Set air fryer to 370°F. Cook chicken until cooked through and crispy, about 18 minutes, flipping halfway through.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.
*The WW points values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the [SmartPoints®](#) and PersonalPoints™ trademarks.

Questions on the WW points values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.