



Naked Buffalo Chicken Kebabs



1/4 of recipe (1 kebab): 237 calories, 9g total fat (1g sat. fat), 748mg sodium, 10g carbs, 1.5g fiber, 5.5g sugars, 27g protein

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Prep: 15 minutes **Cook:** 15 minutes

Marinade: 1 hour



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Ingredients

1/4 cup fat-free plain yogurt
2 1/2 tbsp. [Frank's RedHot Original Cayenne Pepper Sauce](#), divided
1 lb. raw boneless skinless chicken breast, cut into 1-inch cubes
1/8 tsp. garlic powder
1/8 tsp. onion powder
1 dash black pepper
3 large carrots
1 medium onion
1/2 cup light ranch or blue cheese dressing

Directions

In a medium sealable container, mix yogurt with 1/2 tbsp. hot sauce until uniform. Add chicken and seasonings, and stir to coat. Cover and marinate in the fridge for 1 hour.

Meanwhile, if using [wooden skewers](#), soak them in water for 20 minutes to prevent burning. (You'll need four.) Peel carrots, and cut into coins. Peel onion, and cut into pieces similar in size to the carrots.

Place carrot pieces in a microwave-safe bowl with 2 tbsp. water. Cover and microwave for 1 1/2 minutes, or until slightly softened.

Alternately thread chicken and veggies onto four skewers, tightly packing the pieces together. (Discard excess marinade.)

Bring a grill sprayed with nonstick spray to medium-high heat. Grill kebabs for 5 minutes with the grill cover down.

Flip kebabs. With the grill cover down, grill for 6–8 minutes, until chicken is cooked through.

In a small bowl, thoroughly mix dressing with remaining 2 tbsp. hot sauce. Serve with kebabs for dipping.

MAKES 4 SERVINGS

HG Alternative: Cook your kebabs on a grill pan [like this one](#), and adjust cook times as needed. If the pan doesn't have a lid, just loosely cover it with a skillet lid.

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