Shredded Buffalo Chicken Wraps





Sirve:

16 servings

Pieza:

Saladmaster Food Processor
5 Qt./4.7 L Multi-Purpose Oil Core
Valora: ☆☆☆☆☆

Contribuido por:

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Certified Health Coach & Natural Foods Chef
Agregar un Comentario

Descripción de la Receta:

Cook up a batch of this spicy buffalo chicken, with all of the flavors of buffalo-style chicken wings without the added fat. Cayenne pepper sauce is made with cayenne red pepper, vinegar, garlic and salt - skip those with additives and colorings. Take note of the heat level on the brand you purchase; some are hotter and others a little milder.

1 large
onion, strung, use Cone #2
4 pounds
chicken breast, trimmed
(1.8
kg)
1 teaspoon
sea salt
(6
g)
1 teaspoon
garlic powder
(3
g)
1 teaspoon
ground cumin
(3

g)
½ cup
chicken stock
(120
ml)
¾ cup
cayenne pepper sauce
(180
ml)

Optional

lime wedges
crumbled blue cheese
minced chives or cilantro
extra cayenne pepper sauce

Preparación :

1. Process onions directly into MP5 and spread evenly to coat bottom.
2. Season trimmed chicken breasts with salt, garlic powder and cumin. Toss to evenly coat.
3. Place seasoned chicken pieces on top of shredded onions.
4. Pour chicken stock and hot sauce over chicken.
5. Place cove on MP5 and set temperature to 350°F/180°C. When Vapo-Valve™ begins to click steadily, reduce heat to 225°F/110°C and set timer to 50 - 60 minutes, until chicken is cooked through and breaks apart easily.
6. Remove cover from MP5 and let chicken cool slightly. Shred chicken pieces with two forks; they should easily break apart.
7. Keep shredded chicken warm in MP5 and serve with warm tortillas, blue cheese, lime wedges and extra hot sauce.

Consejos:

- Substitute blue cheese for blue cheese dressing or use ranch dressing to spoon onto shredded chicken.
- Serve wraps with chilled crunchy pieces of fresh celery.

Información nutricional por ración

Calorías: 239
Grasa Total: 5g
Grasa Saturada: 1g
Colesterol: 83mg
Sodio: 839mg
Carbohidratos: 18g
Fibra Dietética: 1g
Azúcar: 2g
Proteína: 28g