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Buffalo Chicken Salad

- ½ Cup crumbled reduced-fat blue cheese plus 1/4 cup, divided
- 6 Tablespoons buttermilk
- 4 Teaspoons red-wine vinegar, divided
- ¼ Teaspoon freshly ground pepper, divided
- 1 Pound boneless, skinless chicken breast, cut into 3/4-inch pieces
- 2 Tablespoons all-purpose flour
- 1 Tablespoon extra-virgin olive oil
- 2 Tablespoons hot sauce, such as Frank's Red Hot
- 8 Cups chopped romaine lettuce
- 3 Large carrots, chopped
- 3 Large stalks celery, chopped
- 1 Large cucumber, peeled, seeded and chopped

1. Combine 1/2 cup blue cheese in a small bowl with buttermilk, 2 teaspoons vinegar and 1/8 teaspoon pepper; mix well, mashing slightly with a fork. Set aside.
2. Place chicken in another bowl; sprinkle with flour and the remaining 1/8 teaspoon pepper and toss until coated.
3. Heat oil in a large nonstick skillet over medium-high heat until very hot. Add the chicken and cook, turning occasionally, until just cooked through, 6 to 7 minutes. Stir in hot sauce and the remaining 2 teaspoons vinegar and cook, stirring often, until the chicken is coated, about 1 minute.
4. Combine lettuce, carrots, celery and cucumber in a large bowl; add the reserved dressing and toss to coat. Divide the salad among 4 plates and top each with an equal portion of chicken and 1 tablespoon each of the reserved blue cheese.

Makes 4 Servings

