

EASY CHEESY HOT SAUCE CHICKEN

This is a simple recipe that can be made in any quantity. Adjust the seasonings and amount of hot sauce to taste and use any shredded cheese available. Feel free to vary the ingredients or add new ones.

INGREDIENTS:

Boneless, skinless chicken tenders or whole breasts

Butter or margarine (for sautéing)

Salt, pepper, garlic powder

Hot sauce (enough to thoroughly cover the amount of chicken used)

Shredded cheese, any flavor or combination (enough to completely cover the amount of chicken used)

EQUIPMENT:

Non-stick cooking spray (PAM)

Flat baking pan or casserole dish

Large skillet

Preheat oven to 350 degrees.

Cut the chicken tenders in half. If using whole breasts, cut them in strips and then cut in half. Season the chicken well with the salt, pepper and garlic powder, to taste.

Heat a heaping tablespoon of butter or margarine in the large skillet. Place in the seasoned chicken and allow it to cook until lightly browned on all sides, then pour on enough hot sauce to cover the chicken thoroughly. Toss to coat and allow to simmer for 2-3 minutes.

Spray the baking pan or casserole dish with PAM. Pour in the chicken and hot sauce, then cover it thoroughly with the shredded cheese. Bake at 350 degrees until the cheese is bubbling and browned, about 25 minutes.

Of making a large quantity, adjust the seasonings, butter, hot sauce and amount of cheese and size of the baking pan to accommodate the amount of chicken use.