



Buffalo Chicken

Instructions:

Coat a pan with 3 seconds of Pam and add the chicken.

Pour lemon juice over the chicken.

Sprinkle with cinnamon and salt.

Preheat oven to 350 and bake for 20 minutes.

Mix the hot sauce with the brown sugar. Drizzle over the chicken.

Counts as 1 dinner main

Prep Time:

5 minutes

Cook Time:

20 minutes

Ingredients:

1 chicken thigh

2 chicken drumsticks

1 tsp. lemon juice

1 pinch cinnamon

2 TBSP. hot sauce

1 tsp. brown sugar

salt to taste