



## 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**

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**Prep Time:**

5 minutes

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**Cook Time:**

20 minutes

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**Ingredients:**

1 chicken thigh

1 chicken drumstick

1 tsp. lemon juice

1 pinch cinnamon

1 1/2 TBSP. hot sauce

1 tsp. brown sugar

salt to taste