

BONELESS CHICKEN WINGS

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- 2 lbs Boneless Chicken Tenders
- 1 bottle of BBQ Sauce or Buffalo sauce

Directions

Preheat oven to 375 degrees.

Place Chicken Tenders in a large bowl and cover with ½ bottle of preferred sauce, or enough to coat!

Lay out Chicken tenders on a broiler pan and bake for 15 minutes.

Pull pan out and brush on another coat of sauce. Put back in oven. And bake another 5 minutes.

When the 5 minutes is up brush them again, and bake for the last 5 minutes.

Serve with BBQ or Ranch (depending on the style of wings) , and celery of course!

Enjoy your figure friendly Chicken Wings!