

## Shredded Buffalo Chicken Wraps



### Makes:

16 servings

### Utensil:

Saladmaster Food Processor  
5 Qt./4.7 L Multi-Purpose Oil Core

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### Recipe:

### Contributed By:

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### Recipe Description:

Cook up a batch of this spicy buffalo chicken, with all of the flavors of buffalo-style chicken wings without the added fat. Cayenne pepper sauce is made with cayenne red pepper, vinegar, garlic and salt - skip those with additives and colorings. Take note of the heat level on the brand you purchase; some are hotter and others a little milder.

1 large  
onion, strung, use Cone #2  
4 pounds  
chicken breast, trimmed  
(1.8  
kg)  
1 teaspoon  
sea salt  
(6  
g)  
1 teaspoon  
garlic powder  
(3  
g)  
1 teaspoon  
ground cumin

(3  
g)  
1/2 cup  
chicken stock  
(120  
ml)  
3/4 cup  
cayenne pepper sauce  
(180  
ml)

### Optional

lime wedges  
crumbled blue cheese  
minced chives or cilantro  
extra cayenne pepper sauce

### Directions:

1. Process onions directly into MP5 and spread evenly to coat bottom.
2. Season trimmed chicken breasts with salt, garlic powder and cumin. Toss to evenly coat.
3. Place seasoned chicken pieces on top of shredded onions.
4. Pour chicken stock and hot sauce over chicken.
5. Place cove on MP5 and set temperature to 350°F/180°C. When Vapo-Valve™ begins to click steadily, reduce heat to 225°F/110°C and set timer to 50 - 60 minutes, until chicken is cooked through and breaks apart easily.
6. Remove cover from MP5 and let chicken cool slightly. Shred chicken pieces with two forks; they should easily break apart.
7. Keep shredded chicken warm in MP5 and serve with warm tortillas, blue cheese, lime wedges and extra hot sauce.

### Tips:

- Substitute blue cheese for blue cheese dressing or use ranch dressing to spoon onto shredded chicken.
- Serve wraps with chilled crunchy pieces of fresh celery.

### Nutritional Information per

#### ▼ Serving

**Calories:** 239  
**Total Fat:** 5g  
**Saturated Fat:** 1g  
**Cholesterol:** 83mg  
**Sodium:** 839mg  
**Total** 18g  
**Carbs:**  
**Dietary Fiber:** 1g  
**Sugar:** 2g  
**Protein:** 28g