

Sweet & Spicy Boneless BBQ Chicken Wings

POINTS® Value: 4

Servings: 4

Ingredients

16 oz Chicken breast, skinless, boneless, raw, sliced into nuggets

1/2 cup ketchup

8 fl oz Coca-Cola Diet Coke

1/4 cup hot pepper sauce, to taste

3 tsp canola oil

1 tsp table salt

1 tsp black pepper

1 tsp garlic powder

Instructions

Cut the chicken into nuggets and season with salt, pepper and garlic powder.

Heat skillet over medium heat. Add oil to pan. Sauté chicken until half way finished. Remove from pan and cover with aluminum foil.

Add Diet Coke, ketchup and hot sauce to the pan and cook slightly until it begins to thicken slightly. Return chicken to pan and continue cooking until chicken is cooked through and sauce thickens to a bbq sauce consistency.