

# BUFFALO CHICKEN, FULLY



**THE COOKFUL**

*Edited by Christine Pittman and Amy Bowen*

# Buffalo Chicken, Fully

**W**hen we were doing our series on Chicken Wings, we talked about Buffalo sauce a lot. So much so that I realized there was a whole topic in there. We almost decided to do a series just on that sauce. But then we discovered that everything we wanted to do also had chicken in it. The Buffalo Chicken topic was born.

Oddly, perhaps, you won't find an article on how to make wings or even how to make your own Buffalo sauce in this series. That's because we already did those in the Chicken Wing series. If you don't already have our Chicken Wings ebook, you can [get it here](#).

Instead, this series focuses on other things that you can make that have that distinctive Buffalo Chicken flavor. We've got a pizza, a salad, sliders, meatballs and so much more.

It's a spicy, fun time and we hope you love eating your way through it as much as we loved creating it.

Now, let's get saucy!

*Christine*



**THE COOKFUL**

# Table of Contents

Buffalo Chicken Salad . . . . .	4
Buffalo Chicken Meatballs . . . . .	6
Buffalo Chicken Pizza . . . . .	8
Buffalo Chicken Poutine . . . . .	10
Buffalo Chicken Pasta . . . . .	12
Buffalo Chicken Dip . . . . .	14
What's Buffalo Chicken? . . . . .	16
Buffalo Chicken Tenders . . . . .	18
Buffalo Chicken Parmesan . . . . .	20
Buffalo Chicken Macaroni and Cheese . . . . .	22
6 Tips for Making the Best Buffalo Chicken Wings . . . . .	24
Contributors . . . . .	26
About The Cookful . . . . .	29

Edited by Christine Pittman and Amy Bowen. Designed by Susannah Brinkley.

© 2017 The Cookful. All rights reserved.

No part of this book may be reproduced or transmitted in any form or by any means, electronic, mechanical or manual, including photocopying, recording, or by any information storage and retrieval system, without expressed written permission from the author.



# Buffalo Chicken Salad

By Rebecca Clyde

*Learn how to make a healthy and delicious salad with all the flavor of your favorite chicken wings.*

Eating salads, like this Buffalo Chicken Salad, at home is a great way to get your vegetables in. But, all that vegetable prep is time consuming and can turn even a veggie-lover away from a homemade salad. That's where pre-prepping vegetables comes into play. Instead of chopping vegetables as you make a salad, chop the veggies you buy right away and store in the fridge. That'll make it really easy to throw together a nourishing and delicious salad in just minutes. You can even do the same with proteins. Bake a few chicken breasts at once to use in various dishes throughout the week. Plain baked chicken is a great base for any variety of flavor combinations you can think up. Most pre-prepped vegetables and proteins can last up to 3-5 days in the fridge.

A big perk about this Buffalo Chicken Salad is that it gets you that wing flavor you crave but without all the fat. Another way to keep this salad extra healthy and extra easy is to focus on

# Buffalo Chicken Salad

*Continued from previous page*

the dressing. Try making your own ranch dressing, but [a healthy version made with fat-free Greek yogurt](#). If you don't have the time to make your own, thin your favorite store-bought dressing out with some skim milk. Your dressing will go farther with less fat.

Quick Extra Tip: You can marinate the cooked chicken in hot sauce instead of drizzling it onto the salad. If you do this, the heat is concentrated on the chicken pieces instead of spread throughout the whole salad.

**Yield:** 4 servings

**Prep Time:** 5 minutes

**Cook Time:** 5 minutes

**Total Time:** 10 minutes

1. If desired, thin the ranch dressing with the skim milk by pouring both into a jar with a lid that seals. Place lid on jar and shake until combined.
2. Lay lettuce in bowl, add the chicken, celery, carrots, cucumber and sunflower seeds. Drizzle top with ranch dressing and hot sauce to taste.

## Ingredients:

3/4 cup homemade ranch dressing or store-bought  
1/4 cup skim milk (optional)  
1 large head romaine lettuce, chopped  
1 lb. cooked chicken breasts, shredded  
4 stalks celery, chopped finely  
2 large carrots, chopped  
1 whole English cucumber, sliced and quartered  
1/4 cup roasted sunflower seeds  
Cayenne pepper hot sauce (like Frank's hot sauce) to taste



# Buffalo Chicken Meatballs

By Jamie Silva

*Learn how to make meatballs that are better than ever by making them into buffalo chicken meatballs. They're so sassy!*

I'm a huge fan of meatballs. Aren't you? What about buffalo sauce? Love that too? Of course you do! Here we're combining the two to make a show-stopping hit.

I also have a GREAT tip to take these buffalo chicken meatballs to the next level. Ready for this? Add melted butter to buffalo sauce! Say whaaat! Yes, I can completely vouch for this. Adding melted butter to any wing/hot sauce enhances the flavor. It was definitely a total game changer. Trust me on this! In fact, another author in this Buffalo Chicken Series came to the same conclusion when she was making her Buffalo Chicken Pizza. You've got to check that one out!

# Buffalo Chicken Meatballs

*Continued from previous page*

To finalize these epic meatballs, I added a drizzle of ranch dressing. You can use [homemade ranch](#) or store-bought. You can go in with more toppings to, if you'd like. Maybe some shredded cheese or sliced green onions...Mmmm. The sky's the limit for these baked buffalo chicken meatballs...and honestly, so is the flavor!

**Yield:** 20-24 meatballs

**Prep Time:** 15 minutes

**Cook Time:** 20 minutes

**Total Time:** 35 minutes

## **Ingredients:**

2/3 cup buffalo sauce,  
divided  
2 Tbsp. unsalted butter,  
melted  
1 lb. ground chicken  
3/4 cup panko bread crumbs  
1 large egg  
1/2 tsp. garlic powder  
Salt and pepper to taste\*  
Ranch dressing for drizzling,  
optional

1. Preheat oven to 400°F. Line a baking sheet with parchment paper and spray with cooking spray. Set aside.
2. In a bowl, mix buffalo sauce with butter. Set aside.
3. In another bowl, combine ground chicken, bread crumbs, egg, 1/3 cup of the now buttery (and delicious!) buffalo sauce, garlic powder, salt and pepper. Mix thoroughly.
4. Shape the mixture into small 1" balls and place them on the baking sheet. Bake until no longer pink inside, about 20-25 minutes. Remove from oven.
5. Toss meatballs with remaining buffalo sauce. Drizzle with ranch dressing and serve immediately.

*NOTE: Add a bit of salt and pepper to your mixture, about 1/4 teaspoon of each. Then make a small meatball and microwave it on a plate 10 seconds at a time until cooked through. Let it cool a bit and then taste it. You'll then know if the amount of seasoning is right for you or if more is needed.*



# Buffalo Chicken Pizza

By Ellie O'Brien

*Pizza or wings? Decisions, decisions. Don't pick one. Make pizza with buffalo chicken. Dilemma solved!*

Pizza (n.) – a dish made of flattened bread dough usually topped with tomato sauce and cheese and often meat and vegetables and baked. Buffalo Chicken Pizza (n.) – a dish made of flattened bread dough topped with ranch dressing, buffalo chicken, lots of cheese and baked. AKA your new favorite meal.

Have you ever wondered what the secret is to buffalo chicken wings from your favorite bar? Why are they so good and why can I not recreate that same flavor at home? Well, it is your lucky day because I have the answer.

Butter. I'm pretty sure "just add butter" is the answer to life's hardest questions.

Restaurants toss the chicken wings in melted butter and buffalo sauce to create that finger-licking flavor and we're doing the same on this pizza! (Let's just pretend this is healthy...) Using



# Buffalo Chicken Pizza

*Continued from previous page*

premade pizza crust makes this recipe come together in a snap. After a quick pre-bake of the crust, the pizza is topped with the buffalo chicken and lots of cheese. It is put back into the oven until the crust begins to brown and the cheese melts. Sprinkle on a little sliced green onion if you're feeling guilty about not adding vegetables and dig in! Oh and maybe eat it with a salad.

And here's a bonus for you. If you're trying to recreate some actual restaurant wings at home but want it to be no-fuss, you've gotta check out [our incredibly crispy baked wings](#). They use a special ingredient to get them crisp. [Our fancified buffalo sauce](#) is pretty sublime too.

**Yield:** 4 servings

**Prep Time:** 10 minutes

**Cook Time:** 15 minutes

**Total Time:** 25 minutes

**Ingredients:**

1 package premade pizza dough

1 and 1/2 cups cooked chicken breast, cubed

1/4 cup buffalo sauce

1 Tbsp. butter, melted

2 Tbsp. ranch dressing

2 oz. sliced provolone

1/2 cup shredded mozzarella

1 green onion, sliced thin

1. Preheat oven to 400°F.
2. Roll out pizza dough on floured surface and place on cookie sheet. Bake for 5 minutes.
3. In a small bowl, toss cubed chicken with buffalo sauce and butter.
4. Spread ranch dressing over pizza dough. Add chicken and drizzle leftover sauce from the bowl over pizza.
5. Add provolone and mozzarella. Bake for 8 minutes or until cheese is melted and crust begins to brown.
6. Sprinkle with green onions. Enjoy!



# Buffalo Chicken Poutine

By Christine Pittman

*When Buffalo chicken and poutine meet up, you're in for a rich and creamy, spicy, cheesy plate of amazingness. For sure!*

Well, here's the thing. This is an ebook about Buffalo chicken. And I'm Canadian. So what happened? Buffalo Chicken Poutine happened.

What we've got here is some crispy fries (homemade or store-bought frozen ones (you bake them first though, silly!)) topped with shredded mozzarella cheese and a sauce made out of butter, beer and Buffalo wing sauce. I don't think I have anything more to say about it than that.

Just...You're going to freaking love this! Ha!

# Buffalo Chicken Poutine

*Continued from previous page*

**Yield:** 4 servings

**Prep Time:** 10 minutes

**Cook Time:** 30 minutes

**Total Time:** 40 minutes

## Ingredients:

3 medium russet potatoes

3 Tbsp. vegetable oil

4 Tbsp. butter

3 Tbsp. flour

1/2 cup beer

1/2 cup buffalo wing sauce  
(such as Frank's Red Hot  
Buffalo Wing Sauce)

1 cup chicken broth

1/4 tsp. salt

1/4 tsp. black pepper

2 cups shredded cooked  
chicken

2 cups shredded mozzarella  
cheese

1. Preheat oven to 450°F.
2. Cut the potatoes into 1/4-1/2-inch strips. Put in a large bowl with the oil. Toss to coat. Transfer to a large baking sheet making sure no fries are overlapping. Put into the oven. Bake for 15 minutes. Use a metal spatula to scrape under fries and flip them. Cook until cooked through and lightly browned, about 10 minutes.
3. While the fries cook, melt the butter in a medium saucepan over low heat. Whisk in the flour. While whisking constantly, slowly drizzle in the beer. Make sure it's smooth. Continue to whisk as you add the wing sauce and then the broth. Add the salt and pepper. Increase heat to medium and stir frequently until it reaches a simmer. Reduce heat to low and stir occasionally until the fries are ready. Taste and add more salt and pepper if desired.
4. Just before the fries are ready, put the chicken on a microwave-safe plate and heat in the microwave until very hot, 1-2 minutes.
5. Assemble the poutine by dividing the fries among 4 plates. Top each serving of fries with 1/2 cup cheese and 1/2 cup chicken and 1/3 cup of the beer sauce. Let sit for 30 seconds to allow the hot fries and sauce to melt the cheese. (Note that you will have sauce leftover. Cover and refrigerate so that you have an excuse to make more poutine tomorrow!).



# Buffalo Chicken Pasta

By Amy Getman

*Cheesy. Creamy. Spicy. Buffalo Chicken Pasta. Bam!*

If you love chicken wings, this pasta is perfect for you. It has that distinct buffalo chicken flavor but you won't need a pile of napkins to enjoy it. And talk about easy...once you have the pasta cooked and the cheese melted, it comes together in a flash.

The creamy cheese base compliments the tangy Buffalo wing sauce to satisfy even the most die-hard wing enthusiast. Plus we can't talk about buffalo chicken without blue cheese. The addition of blue cheese crumbles takes the dish to the next level. So much flavor!

The spice level is mild but if you are looking for more fire, feel free to add extra wing sauce or garnish with a generous sprinkling of red pepper flakes at the end. It is worth mentioning that this recipe calls for Buffalo wing sauce which is a bit more mellow than hot sauce. [Read about the difference between hot sauce and wing sauce here.](#)

This dish can stand alone as a meal, which makes it a winner when you're looking for a well-

# Buffalo Chicken Pasta

*Continued from previous page*

rounded meal to satisfy your Buffalo chicken cravings. It would also be a real crowd-pleaser at your next potluck or tailgate!

**Yield:** 8 servings

**Prep Time:** 5 minutes

**Cook Time:** 30 minutes

**Total Time:** 35 minutes

## **Ingredients:**

1 lb. dry penne pasta

8 oz cream cheese

3/4 cup milk

1 cup Colby jack shredded cheese

1/3 cup Buffalo wing sauce

2 cups cooked, shredded chicken (cook 1 lb. of chicken and shred)

1/2 cup blue cheese crumbles

1/2 cup panko bread crumbs

Chopped green onion, cilantro, and red pepper flakes for garnish

1. Cook pasta per instructions.
2. While pasta is cooking, combine cream cheese, milk, shredded cheese, and wing sauce in a saucepan over medium heat. Stir frequently and cook until cheese is melted and mixture is smooth.
3. Add shredded chicken and cooked pasta to cheese mixture and stir thoroughly.
4. Turn on broiler.
5. Place pasta mixture in a 9-x-13" casserole dish and sprinkle blue cheese and panko bread crumbs over the top.
6. Place under broiler until breadcrumbs start to brown (about 5 minutes). Watch closely to avoid burning.
7. Serve warm and top with desired garnishes such as diced green onion, chopped cilantro, red pepper flakes or extra wing sauce.



# Buffalo Chicken Dip

By Tawnie Kroll

*Learn how to make this delicious Buffalo Chicken Dip with a few small tweaks that make it healthier.*

When was the last time you were at a party or get together and you felt like all of the food was just “meh?” People won’t be feeling that way if you introduce this buffalo chicken dip into their lives! The creamy, melted Gorgonzola on top gives this dip an elegant yet delicious twist that will make your taste buds dance.

To reduce the sodium in this recipe I made a homemade buffalo sauce. This only required about 5 extra minutes and it added such a wonderful flavor while significantly cutting the amount of sodium. Also, the addition of cayenne gives it a nice kick!

Let’s be honest... chips can get boring to use for dipping. Opt for fresh veggies (carrots and celery are perfect with wings so why not with buffalo chicken dip?) or whole grain crackers

# Buffalo Chicken Dip

*Continued from previous page*

for a boost of vitamins and minerals and a nice crunch. Speaking of nutrition, I also snuck in nutritional yeast for an even more cheese-y flavor, not to mention the B vitamins and protein!

I hope you enjoy this creamy, gooey, crowd pleasing dip!

**Yield:** 8-10 servings

**Prep Time:** 15 minutes

**Cook Time:** 25 minutes

**Total Time:** 40 minutes

## **Ingredients:**

2 cooked chicken breasts,  
shredded

2 cups shredded cheddar  
cheese, divided

8 oz. low fat cream cheese,  
softened

1 cup nonfat, plain Greek  
yogurt

1 cup hot buffalo sauce  
(For homemade whisk  
together the following  
ingredients: 1/2 cup  
Frank's Red Hot, 1/2 cup  
melted butter, 1/3 cup  
granulated white sugar,  
2 Tbsp. ketchup, 2 tsp.  
Worcestershire sauce, 1/4  
tsp. cayenne pepper, 1/4  
tsp. white pepper)

1 Tbsp. nutritional yeast

1/2 tsp. garlic powder

1/2 tsp. onion powder

1/4 cup crumbled Gorgonzola

2 Tbsp. chopped green onion

Celery, carrots, crackers for  
dipping

1. Preheat oven to 350°F.
2. In a large bowl mix together the chicken, 1 cup cheddar cheese, cream cheese, yogurt, buffalo sauce, nutritional yeast, garlic powder and onion powder. Stir until well combined.
3. Pour into a cast iron skillet or an oven safe baking dish. Top with remaining 1 cup cheddar cheese and bake until heated through, 25-30. Top with Gorgonzola and green onions. Serve immediately with veggies and crackers.

# What's Buffalo Chicken?

By Amy Bowen

*Who created buffalo chicken? Was it a mother frantically trying to feed hungry college students? Or was it a result of a wrong order? Find out.*

Buffalo chicken is as American as apple pie. Really, you could eat wings and apple pie and have a 100 percent made-in-America meal. It's considered an American staple. And it's damn tasty, so that's always a positive.

Traditionally, buffalo chicken refers to deep-fried chicken wings dripping in a tangy buffalo sauce. Buffalo sauce is a mix of butter and cayenne hot sauce. The intensity of the heat can range from mild to hot, hot, hot. Blue cheese or ranch dressings are used as dips to cool down the wings.

As with any great legend, there are competing versions as to how buffalo sauce came into being.

The [Anchor Bar](#) in Buffalo, N.Y. is long said to have invented the buffalo wing in 1964. Teresa Bellissimo, the bar owner, was surprised one night by her college-aged son and his buddies. And one thing is sure for college students – they're bottomless pits. So poor Teresa had to come up with a hearty snack fast. She fried up some wings and tossed them in a cayenne pepper sauce.

Other Bellissimo family members remember it differently. Dominic, that college-aged son, said he wanted to pay it forward for bar guests who were, um, enjoying themselves and keeping the bar in business. So he asked his mom to whip up some food.

But Frank, Teresa's husband said both versions were wrong. He claims his supplier brought him chicken wings instead of the desired chicken heads and backs needed to make spaghetti sauce. Once again, Teresa stepped in and created buffalo chicken wings.

Before you road trip it to the Anchor Bar, there's another Buffalo bar that said it created the famous sauce. John Young owned the restaurant, John Young's Wings 'n Things. And you guessed it, he says he actually created buffalo chicken. He said he was inspired by his childhood upbringing in an African American community. He said he created a "Mambo Sauce" to zest up his wings.

Who really knows how Buffalo chicken wings became a staple bar food. But it quickly spread across the country. And thank goodness for that. Since then, we've seen all kinds of Buffalo chicken wing-inspired food, from [Buffalo chicken dip](#) to [Buffalo chicken pizza](#), it seems you can add Buffalo wing sauce and chicken to anything and end up with a seriously delicious



# What's Buffalo Chicken?

*Continued from previous page*

combo. Look at all the things in this ebook so far. And we have more to come! Now pass me some napkins. I'm gonna eat me some wings!



# Buffalo Chicken Tenders

By Amanda Dorich

*Buffalo Chicken Tenders are a classic, but this recipe is for the ultimate baked buffalo chicken tender, with a secret ingredient. You're going to fall in love with these!*

Don't you love a food craze? You know, an ingredient becomes instantly popular, and it seems like everyone is making it constantly. You see it everywhere, on restaurant menus, Pinterest, and those mouth-watering videos on Facebook. It seems like after a few months or years, the fad passes and everyone moves on to something else delicious. Well, not buffalo chicken. Thankfully it's too delicious that no one has moved on yet!

These Buffalo Chicken Tenders are baked, but are still super good, thanks to two different kinds of bread crumbs. I throw a secret ingredient into the bread crumbs (dry ranch seasoning!) to get extra flavor into the chicken. Ranch and buffalo sauce go together like peanut butter and jelly, so you will love the tangy but subtle flavor it adds.

# Buffalo Chicken Tenders

*Continued from previous page*

Serve these tenders with celery and carrots and a dollop of your favorite creamy dressing and you have the perfect meal. Are you team ranch or team blue cheese?

**Yield:** 6 servings

**Prep Time:** 10 minutes

**Cook Time:** 16 minutes

**Total Time:** 26 minutes

## **Ingredients:**

1/2 cup plain panko  
breadcrumbs

1/2 cup seasoned  
breadcrumbs

1/2 cup flour

1 egg

1 Tbsp. water

2 Tbsp. dry ranch seasoning

6 chicken tenderloins

4 Tbsp. butter, melted

1 cup hot sauce, use your  
favorite brand

1 tsp. garlic powder

1. Preheat oven to 425°F. Spray a baking sheet with non-stick cooking spray.
2. In a shallow bowl or plate, stir together the two types of bread crumbs. In a separate container, whisk together the egg and water. In a third container, stir together the flour and ranch seasoning.
3. Dip each tender first into the flour mixture and then in the egg mixture and finally in the breadcrumbs. Place on baking sheet and bake for 8 minutes, then flip, and bake another 8 minutes, or until both sides are golden brown.
4. While chicken is cooking, melt the butter. Add the hot sauce and the garlic powder. You should not need any salt as the hot sauce usually is very salty. When chicken is done cooking, remove from oven and let cool for 1 minute so the breadcrumbs can crisp up, then toss in the buffalo sauce mixture. Serve immediately.



# Buffalo Chicken Parmesan

By Allie McDonald

*Mix up two classics – Chicken Parmesan and Buffalo chicken – for dinner tonight.*

There are very few things better than a great mash-up recipe. Taco salad, spaghetti pie, pizza pasta...and perhaps the greatest of them all – Buffalo Chicken Parmesan. Is there really anything better than enjoying two of your favorite flavors all during one meal?

Buffalo Chicken is a food craze with untouchable popularity. What's not to love? Sharp, bright and well-balanced cayenne sauce blended with rich and buttery chicken. Count us in, every time. The original components for a great Buffalo dish marry wonderfully with the classic preparation of Chicken Parmesan.

We'll use the cayenne pepper and ranch flavors to infuse the chicken, but we'll bread and pan fry to create a crisp crust, and finally we'll bake the creation just long enough to let the flavors meld and the cheese melt. Do you need a better excuse to whip out your favorite cast iron skillet?

# Buffalo Chicken Parmesan

*Continued from previous page*

**Yield:** 4 servings

**Prep Time:** 1 hour, 15 minutes

**Cook Time:** 15-18 minutes

**Total Time:** 1 hour, 25 minutes

## Ingredients:

1 lb. chicken cutlets

1/2 cup cayenne pepper  
sauce, divided

1/2 cup Panko breadcrumbs

1 tsp. garlic powder

1 tsp. salt

1/2 tsp. pepper

1/2 tsp. onion powder

1/4 tsp. chipotle powder

2 Tbsp. butter

1 Tbsp. ranch dressing

4 slices mozzarella cheese

1. Begin by pulling your chicken from the refrigerator and placing it into a large plastic bag. Pour 1/4 cup of the cayenne pepper sauce into the bag over the chicken, place back into the refrigerator, and let this marinate for 1 hour.
2. When the chicken is almost finished marinating, gather all of the remaining items on the counter.
3. Preheat the oven to 400°F.
4. Measure the panko breadcrumbs, garlic powder, salt, pepper, onion powder and chipotle powder into a bowl and mix.
5. Take out a large cast iron or oven-safe skillet and place over medium heat. Remove chicken from the refrigerator. You're going to take each piece of marinated chicken and roll it in the seasoned, breadcrumb mixture. When all of the chicken has been coated in the crumb mix, add the butter to the pan and swirl it around until it is melted. Lay the cutlets in the hot pan and let them cook, about 6-8 minutes per side. You want the crust to be golden, and the insides to be cooked through.
6. While the chicken is cooking, take the remaining 1/4 cup of cayenne pepper sauce and mix with the ranch dressing. When the chicken has finished cooking, remove the skillet from the heat, drizzle the cayenne pepper & ranch sauce evenly over each cutlet, and lay a piece of mozzarella over each piece of chicken. Place into the oven for 3-4 minutes, or until the cheese melts and bubbles. Serve up while it's still hot!



# Buffalo Chicken Macaroni and Cheese

By Sam Ellis

*Learn how to make mac & cheese better than ever by adding the flavors of buffalo wings.*

I don't know about you, but buffalo chicken anything tops my list of things to try at any restaurant. Pair that glorious buffalo chicken with mac and cheese and you've got this incredible Buffalo Chicken Mac & Cheese. Think creamy, spicy, and addictive. It's perfect for just about any occasion including making a batch for yourself and digging in.

I opted to use cheddar jack cheese here. That's the orange and white marble cheese. It combines the sharp cheddar flavors with the mild jack cheese. It also melts really well resulting in a smooth sauce. The cornstarch makes it thicken more which helps coat and stick to the pasta and chicken.

# Buffalo Chicken Mac & Cheese

*Continued from previous page*

I love that the spice is tamed down with the creamy cheese sauce while the flavor of the buffalo sauce is still there. I found that this amount of buffalo sauce is good for just about everyone on the spice tolerance scale. If you're someone who loves spicy, add more to the sauce or just drizzle even more on top when you're done cooking!

The final hit of amazing in this recipe is a hint of ranch dressing in the mix. It'll bring you immediately back to your first-ever bite of a chicken wing. You can use [homemade ranch](#) or store-bought. If you're more of a blue cheese dressing fan with your buffalo sauce, just substitute that out instead of ranch. [Here's a delicious homemade blue cheese dressing to try](#). If you're going this route, you can also add blue cheese crumbles as a part of the topping to give it that extra bite.

**Yield:** 6 servings

**Prep Time:** 5 minutes

**Cook Time:** 20 minutes

**Total Time:** 25 minutes

**Ingredients:**

8 oz. elbow pasta

1 cup milk

2 Tbsp. cornstarch

2 cups shredded cheddar  
jack cheese, divided

1/2 cup buffalo sauce

1/4 cup ranch dressing

4 cups rotisserie chicken,  
shredded

1/3 cup plain breadcrumbs

2 Tbsp. green onions, diced

1. Preheat broiler on low.
2. In a large pot, cook elbow pasta according to box. Drain and set aside. In the same pot over low heat, add milk and cornstarch together. Whisk together until smooth. Add in 1 and 3/4 cups of the cheese, buffalo sauce, and ranch dressing and whisk until melted. Add cooked pasta and shredded rotisserie chicken and mix until everything is coated evenly.
3. In an oven-proof baking dish, spread out the buffalo chicken mac and cheese. Top with remaining 1/4 cup of cheese and breadcrumbs evenly. Place under the broiler until breadcrumbs are toasted, about 5 minutes. Sprinkle with green onions and serve warm.

# 6 Tips for Making the Best Buffalo Chicken Wings

By Amy Bowen

*There's a definite difference between good Buffalo chicken wings and mouth-watering, stunning, people-will-talk-for-weeks wings. Get our tips and you'll be the talk of wing town!*

Wings are an indulgence so make them count. Here are some tips to make the best Buffalo wings ever.

## 1) USE THE RIGHT OIL IF YOU'RE FRYING.

Chicken wings don't need fancy shamcy oils. Use the basics, such as peanut, canola or vegetable. These have the high smoke point that will ensure crispy skin. Plus they don't have strong flavors.

## 2) NO FRYING, OK

If you hate frying but want crisp wings, we have two options for you.

First, check out [our crazy crispy baked chicken wings](#). The key here is that the wings are tossed with a tiny bit of baking powder (not soda!) to alter the ph of the skin, making them get crispier than ever.

Another thing you can do is to double-cook the wings. The chicken is cooked through and the skin is crisp. Place your wings on a rimmed cookie sheet with a cup of water too. Cover with tin foil and let steam in a 350°F oven until cooked through. Then broil the wings to crisp up.

## 3) SEASON THE WINGS

If you're doing the baked crispy wings, ignore this. They have salt in the recipe. If you're doing the double-cooking, season wings with salt before broiling. If you're frying your wings, transfer the wings from the oil to a plate lined with paper towel. Season lightly with salt. Then toss with sauce (or see below where we say to serve sauce on the side).



# Tips for Better Buffalo Wings

*Continued from previous page*

## 4) MAKE YOUR OWN BUFFALO SAUCE

Seriously, take the extra five minutes and make your own. It is sooo much better. You can add and subtract ingredient based on your own preferences. [Here's a recipe for a classic Buffalo sauce](#) and [here's a fancied-up version](#).

## 5) SERVE SAUCE ON THE SIDE

I know, part of the experience of eating chicken wings is getting messy with all that sauce. But sauce can drown those poor wings and make them soggy. We all know a soggy wing is the worst, so leave the sauce on the side.

## 6) CREAMY DIP

Wings are made for dipping. Whether you're on team ranch or team blue cheese, make sure your dip is delicious. Choose a store-bought brand that you really love the taste of. Or, even better, make your own. Here's [a delicious homemade ranch](#) and [a decadent blue cheese dip recipe](#).

# Contributors

Many thanks to our writers for this edition of *The Cookful*.



## Christine Pittman, editor

» [cookthestory.com](http://cookthestory.com)

Christine is the Founder and Senior Editor of The Cookful. She also blogs at COOKtheSTORY where she specializes in easy healthy homemade recipes. Healthiness aside, she has been known to shred cheese onto a dinner plate, microwave it for 30 seconds, and then eat the messy goop with a spoon.



## Amy Bowen, editor

Amy admits that she had no clue how to cook until she became the food reporter for a daily newspaper in Minnesota. At 25, she even struggled with figuring out boxed mac and cheese. These days, Amy is a much better cook, thanks to interviewing cooks and chefs for more than 10 years. She even makes four cheese macaroni and cheese with bacon, no boxed mac in sight. Amy is also on the editorial team at The Cookful and is the primary editor for this ebook.



## Ellie O'Brien

» [hungrybynature.com](http://hungrybynature.com)

When not working full time as an engineer, you can find Ellie in her kitchen and blogging at Hungry by Nature. Her approach to food is simple – eat healthy, whole, natural foods and always leave room for dessert! While seasonal, healthy foods are a top priority, Ellie has also been known to eat ice cream for dinner. It's all about balance!



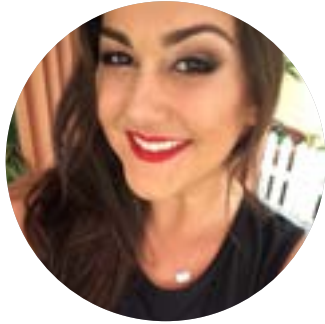
## Sam Ellis

» [www.theculinarycompass.com/](http://www.theculinarycompass.com/)

Sam blogs at The Culinary Compass where she loves to try new recipes and ingredients from around the world. She thinks trying new dishes and spices is the easiest way to travel! She loves coffee so much that she often goes to bed excited for a fresh cup in the morning.

# Contributors

*Continued from previous page*



## **Jamie Silva**

» [asassyspoon.com](http://asassyspoon.com)

Jamie is the blogger behind A Sassy Spoon, where she inspires you to celebrate the good things in life - food and travel! She shares accessible recipes ranging from easy everyday dishes, party food, and Cuban-inspired meals, as well as entertaining ideas and fun travel guides. Whether on a road trip or in the kitchen, she's always thinking of her next recipe, next party, or next trip.



## **Amanda Dorich**

» [oldhousetonewhome.net](http://oldhousetonewhome.net)

Amanda blogs at Old House to New Home where she shares easy ways to eat, create, and decorate, all while raising two young girls! Amanda is a Spanish teacher, wife to a great husband, and mommy to the two most beautiful little girls! Amanda loves food, traveling, and transforming their 115 year old house into their home.



## **Tawnie Kroll**

» [krollskorner.com](http://krollskorner.com)

Tawnie Kroll is a California based food blogger and healthy recipe developer. She is a Registered Dietitian Nutritionist and a lover of cooking and baking! Follow her blog for recipes, healthy living tips and practical scientific evidenced based advice to help you improve your health and wellbeing.



## **Allie McDonald**

» [missallieskitchen.com](http://missallieskitchen.com)

Allie is an avocado obsessed, hot pepper junky with a serious passion for food. When she isn't adding to her cowgirl boot collection, you can find her in the kitchen, with her apron covered in the day's creations. She's the blogger behind Miss Allie's Kitchen, a food blog dedicated to creating whole and healthy recipes to inspire home cooks.

# Contributors

*Continued from previous page*



## **Amy Getman**

» [happyhealthyrd.com](http://happyhealthyrd.com)

Amy is a registered dietitian who blogs at Happy Healthy RD, a blog focusing on simple and healthy recipes. She loves to shop at the local farmers' market and also maintains an impressive garden of her own. Amy believes in a balanced diet but is known to include avocados, butternut squash, or sweet potatoes in 9 out of 10 meals.

# About The Cookful

*Do you love to geek-out over food and cooking? Then The Cookful is where you need to be.*

We cook and write about one topic at a time, diving in deep to help you cook (and eat!) better than ever. Each topic comes with How-To's, innovative recipes, and a bunch of interesting tidbits so that you can learn all about it. Some topics we've covered are Margaritas, Quick Soups and Popcorn. Head over to [The Cookful](#) to find out what our next topic is and then get ready to go off the deep end with us.



**THE COOKFUL**