

430 e. locust st des moines, ia 50309 515.270.8202 mykitchencollage.com

monday - friday 10-5:30 /saturday 9-5

Buffalo Chicken Sweet Potato Bites

Makes about 18-20 bites

These buffalo chicken sweet potato bites are a total crowd pleaser. The kick of spicy buffalo sauce and the cool blue cheese dressing are heaped on a slice of roasted sweet potato in a tasty, tasty appetizer. Double this recipe -- they're that good!

Ingredients:

3 boneless chicken breasts, thinly sliced or pounded thin 2 sweet potatoes, peeled and sliced in 1/4" round slices 1/2 cup blue cheese dressing 2-3 chives, chopped for garnish

Buffalo Sauce for Chicken:

1/4 cup hot sauce 4 tablespoons (1/2 stick) butter, melted Kosher salt and freshly ground black pepper 1 teaspoon celery seeds

Directions:

- 1. Preheat oven to 400°F.
- Prepare the buffalo sauce by melting the butter and mixing it with the hot sauce and celery seeds.
- 3. Salt and pepper both sides of the chicken breasts, then smother them with the sauce and bake, uncovered at 400°F for 10-15 minutes or until chicken reaches an internal temperature of 165°F. Remove from oven, and with two forks shred the meat apart.
- 4. Meanwhile, slice the sweet potatoes into 1/4-inch rounds, and place in a single layer on a nonstick baking sheet or one lined with parchment paper. Drizzle with olive oil and sprinkle with salt and pepper. Roast in the oven at 400°F until tender to the tip of a knife, about 9-12 minutes.
- 5. Assemble the bites by layering shredded chicken on top of each roasted sweet potato slice. Drizzle with the blue cheese dressing and sprinkle the top with chopped chives.