

## RedHot Super Bowl tips for your Super Bowl party

by Bend Weekly News Sources

From pre-game warm-up to post- game wrap-up and every play in between, a Super Bowl party just wouldn't be the same without the original Buffalo flavor created by Frank's RedHot Cayenne Pepper Sauce. As a matter of fact Chicken wings are the #1 appetizer on restaurant menus\*. By following a few simple tips from Kevin Roberts, author of the cookbook Munchies you can get authentic restaurant-quality Buffalo flavor at home and be the MVP at any Super Bowl party.

### BUFFALO CHICKEN TENDERS

Prep Time: 5 minutes Cook Time: 15 minutes

1 (28 oz. pkg.) frozen breaded chicken tenders (about 16 pieces)  
3/4 Cup FRANK'S(R) REDHOT(R) Buffalo Wing Sauce

1. Bake chicken tenders according to package directions until hot.
2. Toss tenders with Buffalo Wing Sauce. Serve immediately.

Makes 4 servings

Tip: You may substitute 1/2 cup FRANK'S(R) REDHOT(R) Sauce mixed with 1/3 cup melted butter for the Buffalo Wing Sauce. 1. Plan your menu and keep it simple. This will ensure that you can enjoy the game and not spend the entire day in the kitchen cooking.

2. Food should be ready about 2 hours before the game starts so people can load up before sitting down. This will avoid the continual "WAVE" of people getting-up in front of the TV.

3. Think ahead to save some calories. Some people will consume as many as 3,000 calories during the game, so serving vegetables with low fat and low sodium dips, chips and cheeses will help reduce the caloric intake. Put dips and chips into serving bowls so your guests will never have to know you are using low calorie and low sodium snacks and watching their health for them.

4. Use disposable goods to avoid having to do a million dishes after the game. Post-game clean-up is definitely a party foul.

Buffalo Tenders are made quick and simple in three-steps: Bake, toss and serve!

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