

# Recipes

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## Blackened Chicken with Chipotle Ranch Dressing

**PREPARE BUN WITH CHIPOTLE RANCH DRESSING,**

**LETTUCE AND TOMATO SLICE. BLACKEN A CHICKEN**

**BREAST IN A HEAVY PAN. PLACE ON THE BUN AND**

**SERVE. EXCELLENT WITH CHIPS OR GARLIC MASHED**

**POTATOES.**



*AS Seen on KMID*



*COOKING DEMO 4-23-02*