

Buffalo Chicken Dip



Serves 8

Ingredients:

- 1 (5 ounce) can chicken, or similar amount of pre-cooked, skinless chicken chopped or shredded
- 12 ounces reduced-fat cream cheese
- $\frac{1}{2}$ cup reduced-fat blue cheese dressing or ranch dressing
- $\frac{1}{2}$ cup shredded reduced-fat cheddar cheese
- $\frac{1}{2}$ cup Frank's Red Hot Original Pepper Sauce*

Instructions:

1. Pre-heat oven to 350°F.

2. In a medium bowl, mix cream cheese, salad dressing and hot sauce. Stir in shredded cheese and chicken until well combined.
3. Transfer to an oven-safe dish, and bake for 20 minutes, or until mixture is heated through. Serve with raw veggies like celery sticks, carrots sticks, cucumber slices or pepper strips.



Note:

*Be sure not to use the Buffalo Wing Sauce.

Nutrition per serving: Calories 140; Total Fat 9.4 g; Saturated Fat 5.3 g; Monounsaturated Fat 2.5 g; Polyunsaturated Fat 0.8 g; Total Carbohydrates 4.6 g; Dietary Fiber 0.0 g; Sugar Alcohols 0.0 g; Sugars 3.1 g; Protein 9.0 g; Sodium 778 mg