

Better Buffalo Chicken Dip

Ingredients

- 1 ½ cup plain nonfat Greek yogurt (340g)
- 8- oz. 1/3 reduced-fat cream cheese (226g) softened
- ½ cup ± Frank's red hot buffalo sauce (180g)
- 2 lbs. cooked chicken shredded or cubed
- 4 servings fat-free cheddar cheese (112g)

For serving: tortilla chips, carrots, celery, etc.

Instructions

1. Preheat the oven to 350 degrees F. Spray an oven safe dish with cooking spray (I used an 8-inch brownie pan).
2. In a medium sized bowl, combine the yogurt, cream cheese and buffalo sauce until combined well. Stir in the chicken and cheese.
3. Add the chicken mixture to the baking dish and spread out evenly.
4. Bake in the oven for 20-25 minutes, or until hot and bubbly.



Crock Pot: You can also make this dip in the Crock Pot! Just add all the ingredients to your Crock Pot, mix together, and cook on high for 1.5 to 2 hours, or until hot and bubbly.

Macros

Per serving / makes 4 servings | Calories: 240 kcal | Carbs: 4.2g | Protein: 37g | Fat: 8.6g |

