

MVP BUFFALO CHICKEN DIP

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 16 (Serving =1/4 cup)

Nutrition (per serving)

Calories: 107

Total Fat: 2.5 g

Saturated Fat: 0 g

Sodium: 393 mg

Total Carbohydrate: 4 g

Dietary Fiber: 0 g

Protein: 15 g



Ingredients

- 6 boneless, skinless chicken breast, cooked and shredded (~3 cups)
- 2 containers (8 ounces) fat-free cream cheese
- 2 containers (5.3 ounces) nonfat Greek yogurt
- ½ cup light ranch dressing (choose gluten free for GF version)
- 6 Tablespoons Frank's® Red Hot buffalo wing sauce
- Raw celery and carrot sticks

Directions

1. Combine shredded chicken, cream cheese, yogurt, ranch, and wing sauce into small crock pot (2 quart).
 2. Cover and cook on high for approximately 30-45 minutes or until well blended and warm, stirring occasionally.
 3. Change heat setting to low and serve with celery and carrot sticks, whole-wheat or gluten free crackers.
- NOTE: These ingredients can be combined and heated through in a medium saucepan if a crockpot is not available.



OSF
HEALTHCARE