

TANGY BUFFALO CHICKEN DIP

Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 20 (Serving= 1/4 cup dip and 6 celery/carrot sticks)

Nutrition (per serving)

Calories: 104

Total Fat: 5 g

Saturated Fat: 2.5 g

Sodium: 193 mg

Total Carbohydrate: 3.5 g

Dietary Fiber: 0.5 g

Total Sugars: 2 g

Protein: 11 g



Ingredients

- 8 ounces Neufchatel cheese, softened
- 16 ounces plain non-fat Greek yogurt
- 1 teaspoon dried parsley
- ½ teaspoon dried dill
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 1 teaspoon red pepper flakes, reserve ½ teaspoon for topping
- 1/3 cup mild buffalo wing sauce, 300 mg or less sodium per Tablespoon (reserve 1 Tablespoon for topping)
- 16 ounces plain roasted chicken breast, shredded
- ½ cup blue cheese crumbles (reserve 1 Tablespoon for topping)
- 60 each, 3" carrot sticks
- 60 each, 3" celery sticks



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Directions

1. In a mixing bowl, beat together Neufchatel cheese and Greek yogurt with a hand mixer until smooth.
2. Add herbs, spices and buffalo wing sauce, and beat again until well combined.
3. Fold in shredded chicken and blue cheese.
4. Transfer to serving bowl. Sprinkle with reserved toppings.
5. Serve with carrot and celery sticks.



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