



Buffalo Chicken Dip

INGREDIENTS (serving size: 10)

- 3 tablespoons low-sodium hot pepper sauce
- 2 tablespoons water
- 1 ¼ cup plain fat-free Greek yogurt divided
- 1 teaspoon apple cider vinegar
- 1 ½ teaspoon garlic powder, divided
- 2 cups shredded cooked chicken breast
- ½ cup plain fat-free cottage cheese
- ¾ cup shredded part-skim mozzarella
- 1/3 cup shredded cheddar cheese
- ½ teaspoon onion powder
- 2 teaspoons dried parsley
- 6 tablespoons sliced green onion, divided
- 1 jalapeno pepper, sliced (optional for garnish)
- 1 pound carrot sticks
- 1 pound celery sticks

NUTRITION INFORMATION: 132 Calories; 3.5 grams Fat; 1.5 grams Saturated Fat; 32 mg Cholesterol; 220 mg Sodium; 9 grams Carbohydrates; 2 grams Fiber; 16 grams Protein

DIRECTIONS

1. Preheat oven to 375 degrees Fahrenheit. In a small saucepan, whisk together hot pepper sauce, ¼ cup Greek yogurt, apple cider vinegar and ½ teaspoon garlic powder. Add water (up to 3 tablespoons depending on your desired consistency). Bring to a simmer over medium heat.
2. Reduce heat to low and continue to simmer, whisking frequently to avoid burning, for 5 minutes. Remove from heat and allow to cool. In a large bowl, combine the chicken, remaining Greek yogurt, cottage cheese, cooled hot sauce mixture and shredded mozzarella until combines. Add garlic powder, onion powder, dried parsley and 4 tablespoons green onion and mix until evenly distributed.
3. Pour dip mixture into an 8 x 8-inch pan. Sprinkle with cheddar cheese and bake for 20-25 minutes, or until bubbling. Top with remaining 2 tablespoons sliced green onions and slices of jalapeno pepper, if desired. Serve with carrot and celery sticks.