

Buffalo Chicken Dip



Ingredients

For 2-3 servings

- 1 cup Shredded Chicken Breast (Cooked)
- 1/2 cup Fat-Free (or 2%) Greek Yogurt
- 4oz (1/2 pack) Low- Fat Cream Cheese (Softened)
- 2 Tbsp Frank's Hot Sauce
- 1/2 tsp Onion Powder
- 1 tsp Garlic Powder
- 1/2 cup Low-Fat Shredded Cheese (into dip)

**Add 1/4-1/2 cup more as topping!*

Directions

1. Preheat oven to 400 degrees and spray 8x8 pan (I used glass)
- 2 In a large mixing bowl, shred cooked chicken while softening cream cheese (30-45 seconds in microwave)
3. Add cream cheese to chicken, then hot sauce, shredded cheese and greek yogurt and mix well.
4. Add garlic and onion powder and combine well.
5. Top with cheese and any other toppings!
6. Bake for 20 minutes!

STORE IN FRIDGE (up to 2 days)

