



HALF TIME SNACKING

BUFFALO CHICKEN DIP

Ingredients

- 1 rotisserie chicken (shredded)
- 8 ounces low-fat or fat-free cream cheese
- $\frac{1}{3}$ - $\frac{2}{3}$ cup hot sauce (such as Frank's®)
- 1 packet dry ranch dressing mix
- 1 cup 0% fat Greek yogurt (such as Fage®)

Instructions

1. Preheat oven to 350°
2. In a medium bowl, mix cream cheese, ranch packet, hot sauce, and Greek yogurt until well combined. (If the cream cheese is hard to mix, microwave it for a few seconds and try again).
3. Add in the shredded chicken and combine well. Pour mixture into an 8x8 baking dish and bake for 15 - 20 minutes or until dip is hot throughout. If desired, top with sliced green onions or crumbled blue cheese and serve hot!

