

LiveWell

Healthy buffalo chicken dip

Yield: 10 servings



Ingredients:

3 Tablespoons low-sodium hot pepper sauce
3 Tablespoons water
1 1/4 cups plain fat-free Greek yogurt, divided
1 teaspoon apple cider vinegar
1 1/2 teaspoons garlic powder, divided
2 cups shredded cooked chicken breast
1/2 cup plain fat-free cottage cheese
3/4 cup shredded part-skim mozzarella
1/3 cup shredded cheddar cheese
1/2 teaspoon onion powder
2 teaspoons dried parsley
6 Tablespoons sliced green onion, divided
1 jalapeño pepper, sliced (optional for garnish)
1 pound carrot sticks
1 pound celery sticks

Directions:

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

Nutrition information per serving:

Calories: 132
Fat: 3.5 grams
Saturated fat: 1.5 grams
Cholesterol: 32 mg
Sodium: 220 mg
Carbohydrates: 9 grams

Fiber: 2 grams
Protein: 16 grams

Food exchanges:
2 vegetable, 2 protein