

<http://noexcusegirl.com/keto-buffalo-chicken-skewers>

Keto Buffalo Chicken Skewers With Cheese Dipping Sauce



Ingredients

- 1 lb boneless skinless chicken thighs, cubed
- 1/2 cup buffalo sauce
- 1 cup cheddar monterrey cheese blend
- 4 ounces cream cheese
- 1 bunch celery - cut into sticks

*Also needed are 4 wooden skewers, soaked for 1 hour before using.

Instructions:

1. Preheat oven to 425 degrees
2. Thread 4 ounces of the chicken thighs on each of the wooden skewers
3. Place on a lined baking sheet and bake in the oven for around 25 minutes.
4. Remove from the oven and cover each chicken skewer with buffalo sauce.

For the sauce:

1. Place both cheeses in a medium microwave safe bowl.
2. Heat in the microwave on high for 2 minutes.
3. Remove bowl from microwave and stir.
4. Microwave again in 30 minute increments until cheese is completely melted, stirring the cheese between increments.

Serve skewers with the cheese sauce and the celery.

Nutrition Info:

- Servings: 4
- Calories: 572
- Fat: 40 g
- Protein: 43.9 g
- Carbs: 9.2 g
- Net Carbs: 6.9 g