



lightened-up buffalo chicken dip

Love buffalo wings but your waistline doesn't? We've slimmed down Buffalo Chicken Dip to deliver flavor without all the fat.

SERVES: 4

ingredients

- ½ (4oz) package reduced fat cream cheese, softened
- 1 cup plain Greek yogurt or light sour cream
- ½ cup Frank's Red Hot Buffalo Wing Sauce
- 1 cup shredded reduced fat mozzarella or cheddar cheese, divided
- ¼ cup crumbled light blue cheese, divided
- 3 cups cooked chicken breast, shredded

Garnish

Chopped green onions

directions

1. Preheat oven to 350°F. Coat an 8x8-inch baking dish or 9-inch cast iron skillet with non-stick cooking spray.
2. In a large bowl, whisk cream cheese, yogurt and buffalo wing sauce. Fold in ½ cup shredded mozzarella, 2 tbsp blue cheese and cooked shredded chicken. Pour into prepared baking dish and top with remaining ½ cup mozzarella cheese. Bake for 30 minutes, or until cheese melts and edges turn golden. Remove, top with remaining 2 tbsp blue cheese and garnished with chopped green onions. Serve immediately.

“Sorry, I don’t eat buffalo.”

— JESSICA SIMPSON

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julie albert & lisa gnat

