



Pediatric Healthy Life Center's Healthier Kickin' Buffalo Chicken Dip

INGREDIENTS:

1-12 oz can chicken in water
12 ounces fat-free cream cheese (softened)
½ cup fat-free blue cheese or ranch dressing
½ cup reduced-fat shredded Mexican Blend cheese
1- 4 ounce can diced green chilies
½ cup favorite hot sauce

DIRECTIONS:

1. Preheat oven to 350 degrees.
2. In a large bowl add softened cream cheese.
3. Stir in salad dressing, 1/4 cup shredded cheese, hot sauce and diced green chiles.
4. Once above ingredients are well mixed add chicken.
5. Pour mixture into an oven safe baking dish and top with the remaining shredded cheese .
6. Bake 25 minutes or until heated through.
7. Serve warm with vegetable of choice or baked tortilla chips.



Nutrition Information:

Servings 20
Serving Size: 2 Tbsp
55 calories
1 gram fat
6 grams Protein
4 grams Carbohydrate
300 grams Sodium