

## **Buffalo Chick Hot Wing Dip (tastes like Buffalo chicken wings)**

**PER SERVING (1/4 cup): 68 calories, 1.5g fat, 2g total carbs, 10g protein**

### ***Ingredients:***

Two 9.75-oz. (or 10-oz.) cans 98% fat-free chunk white chicken breast in water, drained

One 8-oz. tub fat-free cream cheese, softened

1/2 cup Frank's RedHot Original Cayenne Pepper Sauce

1/2 cup shredded part-skim mozzarella cheese

1/4 cup fat-free ranch dressing

1/4 cup fat-free Greek yogurt (i.e. Fage 0%)

### ***Directions:***

Preheat oven to 350 degrees.

Place cream cheese in a medium bowl and stir until smooth. Mix in Frank's RedHot, mozzarella cheese, ranch dressing, and yogurt. Stir in chicken until thoroughly combined. Spoon mixture evenly into a deep 8-inch by 8-inch baking dish.

Bake in the oven for 20 minutes, or until mixture is heated through. Stir well and enjoy!

P.S. Try dipping carrot sticks and red bell pepper chunks into this dip...yummy!!!!