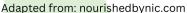
## Greek Yogurt Buffalo Chicken Dip

### 6 SERVINGS 15 MIN

#### **INGREDIENTS**

- 1/4 cup low-fat cream cheese
- 1 cup plain Greek yogurt
- 3/4 cup buffalo sauce
- 1/2 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp black pepper
- 1/2 tsp salt
- 2.5 cups low-sodium canned chicken breast
- 1 cup low-fat cheddar cheese
- optional: green onion, chopped









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Adapted from: nourishedbynic.com



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### **PROCEDURE**

- 1. Add the cream cheese, Greek yogurt, buffalo sauce, garlic powder, onion powder, black pepper, and salt to a small saucepot. Stir and cook over medium heat until the cream cheese has melted and combined with the rest of the ingredients.
- 2.Add the chicken and cheese to the small saucepan, mixing until fully combined and cheese is melted.
- 3. Pour mixture into a serving bowl and serve with whole-grain crackers, low-sodium tortilla chips, or veggies like carrots and celery. Enjoy!

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