

# Buffalo Chicken Dip

*Recipe makes 6 servings*

## Ingredients

- **24 oz Canned Chicken, fully cooked, drained**
- **16 oz Green Mountain Farms Greek Cream Cheese\***
- **1.5 cups Extra Sharp Cheddar Cheese, shredded, divided**
- **2/3 cup Frank's Original Buffalo Sauce**
- **1/3 cup Fat Free Plain Greek Yogurt**
- **1 oz pack Ranch Seasoning Mix**
- **1/2 Tbsp Garlic Powder**

**\*See notes**



## Nutrition Profile

*- per serving -*

**Calories - 372**

**Fat - 18g**

**Carbohydrates - 13g**

**Protein - 37g**

**\*Fiber - 0g**

# Instructions

- 1. In a large mixing bowl, add in 24 ounces of drained canned chicken, 16 ounces cream cheese, 2/3 cup buffalo sauce, 1/3 cup Greek yogurt, 1 ounce pack ranch seasoning mix, and 1/2 Tbsp garlic powder. Using the back of a fork, mix all of that together really well.**
- 2. Once it's all mixed up, add in 1 cup of your shredded cheese, and set the remaining 1/2 cup of shredded cheese to the side for your topping. Mix well.**
- 3. Grab an 8x8 baking dish, add in your chicken mixture, and spread it out evenly.**
- 4. Top with your remaining 1/2 cup of shredded cheese and pop this into the oven on 350°F for 20-30 minutes, or until the center is warm and your topping is golden brown.**
- 5. Serve as a party snack or divide into 6 servings to get the macros listed.**
- 6. Enjoy!**

## Notes

- **\* If you cannot find the Greek cream cheese used in this recipe, using reduced fat cream cheese is a good substitute. If you are tracking calories, you will just need to adjust for the substitution.**
- **This can be enjoyed as part of a bento box style meal with crackers or celery sticks, or even added to a wrap or a salad.**
- **For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.**
- **If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.**



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