

Buffalo Chicken Dip

Diabetes Friendly

Items Needed: cutting board, knife, measuring cups, mixing bowl, wooden spoon or larger mixing utensil

Serves: 8

Ingredients:

- 3 chicken breasts (approximately 12-14 oz of chicken)
- 1 block (8 oz.) cream cheese softened
- ½ cup sour cream (can sub out for ranch or blue cheese dressing if preferred.)
- 1 cup of cheese (2/3 will get mixed in and 1/3 will be sprinkled on top.)
- ½ cup buffalo sauce
- 2 oz blue cheese crumbles
 - Serve with: Cucumbers, Celery, Tortilla Chips, and other assorted veggies.



Directions:

1. Cook chicken until you can easily shred with a fork or with the side of your knife on a cutting board.
2. Preheat oven to 375 degrees. Place in a mixing bowl and add cream cheese, sour cream, 2/3 cup of shredded cheddar cheese, buffalo sauce and ½ of the blue cheese crumbles.
3. Mix everything together until combined well and place into an 8x8 baking dish, top with remaining cheddar and blue cheese.
4. Cover the baking dish with aluminum foil and bake for 20 minutes. Remove the dip and remove foil, place back in the oven another 5-10 minutes or until the cheese has melted down and starts to brown.

Nutrition Information (per 1/8 recipe):

Calories: 237 Fat: 18 g Carbs: 3.1 g Protein: 15.8 g Fiber: 0 g Sodium: 546 mg

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