



## BUFFALO CHICKEN DIP

	Ingredients	Exchanges
Protein	26.2 gm canned chicken, in broth	2.85 (+1.425 gm fat)
	6.9 gm cream cheese	0.35 (-2 gm fat)
	8.6 gm whole milk mozzarella	0.5 (-0.5 gm fat)
Fat	28.9 gm mayonnaise	6 (-1.075 gm fat)
Carbohydrate	4.4 gm Frank's Red Hot® hot sauce	0.1
	32.8 gm raw celery	1.2
Other	Salt and pepper	

*Recipe developed by Chef Paige Vondran*

### DIRECTIONS

- In a small bowl, shred the chicken using a fork.
- Add the cream cheese, mozzarella, mayonnaise, and hot sauce to the bowl.
- Season with salt and pepper.
- Transfer the ingredients to a small pot or pan.
- Heat the pan to warm the ingredients and melt the cheeses.
- Stir often until well mixed and hot.
- Transfer mixture to a serving dish.
- Serve the warm buffalo chicken dip with the raw celery sticks.

### VARIATIONS

- The chicken dip can be frozen in a sealed storage container for up to 2 months.
- Other carbohydrates can be served on the side such as raw cucumber, carrots, or low carb crackers.
- For more hot sauce, adjust the carbohydrate exchanges accordingly.
- Veganaise® can be used in place of mayonnaise.
- Regular shredded chicken can be used by calculating to the proper protein exchange.