

Recipe



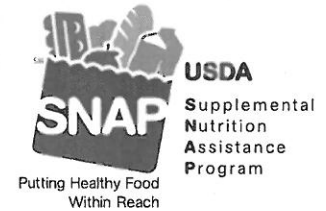
Prep Time:	5 minutes
Cook Time:	20 minutes
Serving Size:	8 - 10 servings

Nutrients Per Serving: Calories 108 ,	
Protein 7 g,	Carbohydrate 1 g,
Dietary Fiber 0 g,	Total Fat 8 g,
Saturated Fat 4 g,	Sodium 292 mg

County information

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This recipe provided by the Ohio SNAP-Ed Nutrition Education Program



Healthier Buffalo Chicken Dip

INGREDIENTS

10 ounce can of chunked chicken, drained
3 Tablespoons hot pepper sauce
8 ounce low fat cream cheese
1/2 cup light ranch dressing
1/2 cup shredded low fat cheddar cheese
celery cut into 4 inch pieces
whole grain crackers

DIRECTIONS

1. Heat chicken and hot pepper sauce in a pan over medium heat, until heated through. About 5 minutes.
2. Stir in cream cheese and ranch dressing. Cook and stir until well blended and warm, 5 to 7 minutes.
3. Mix in the cheddar cheese and stir in. Turn heat down to low. Cook until cheese is melted. Serve immediately.

To make in a slow cooker:

Stir all ingredients together in a slow cooker until combined. Heat on low for 4 hours or until the cheese is melted.

To make in oven:

Preheat oven to 350. Stir all ingredients together in a greased baking dish, and bake for 30 minutes or until cheese is melted and edge begin to slightly brown.

Source:

www.givemesomeoven.com

For other healthy, low-cost recipes, visit
www.whatscooking.fns.usda.gov



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