

# Try our Healthier Alternatives!



*Recipes for a Healthier Life!*

## Healthier Buffalo Chicken Dip

1 package (8 oz) 1/3 less fat cream cheese (Neufchatel) softened.

1/2 cup fat free ranch dressing

1/3 c buffalo wing sauce

2 TSBP water

1 c. shredded reduced fat Colby-Monterey Jack cheese blend or reduced-fat Cheddar Cheese (4 oz)

2 TBSP chopped green onions

1 1/2 c. shredded cooked chicken breast

Serve with whole grain crackers or celery sticks, if desired

### Directions:

Heat oven to 350. In medium bowl, beat cream cheese with electric mixer on medium speed until smooth. Beat in dressing, buffalo wing sauce and water until blended. Stir in chicken and cheese. Spread in ungreased 1 quart baking dish or 9 inch pie plate cover with foil. Bake 30-35 minutes or until hot and bubbly. Stir; top with onions. Serve hot with crackers or celery sticks. Makes 12 servings (1/4 c. dip each)

\*\*\*\* Note this makes less than the original recipe submitted but the serving size is the same\*\*\*\*

Nutrition Facts: 130 Calories, 8 grams of fat, 9 grams of Protein, 320mg of Sodium

**What this means for you:** 40% lower in calories, 58% lower in fat, 45% lower in sodium

### Loaded Recipe:

1 36 oz Ranch Dressing (Hidden Valley)

2 sticks of reduced fat cream cheese

4-5 Skinless boneless chicken breast

1 medium bag of Shredded Sharp Cheddar Cheese

1 small bottle of hot sauce

Serve with

Tostitos chips and/or 1 French Baguette (not included in Nutrition Facts below)

Makes 36 servings (1/4 c. dip each)

Nutrition Facts for loaded recipe: 219 calories, 19 grams of fat, 8 grams of protein, 585 mg of sodium

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