

A recipe from: Crock-tober Fest—A Slow Cooker Feast

Buffalo Chicken Dip

Serves: 8

Ingredients:

2 cans (12.5oz) of Chunk Chicken Breasts
1 package (8oz) of Cream Cheese
1 C. Hot Sauce
1 C. Ranch Dressing
1 ½ C. Shredded Cheddar Cheese



Directions:

- Drain chicken and add to slow cooker
- Mash with a fork so all the chicken is shredded to your liking
- Combine the rest of the ingredients in the slow cooker and stir
- Heat low for 3 hours or high for 2 hours; stir every so often
- Serve with chips, crackers, or vegetables

Healthier recipe adjustments:

- Use low fat or fat free ranch, cream cheese, and cheddar cheese
- Eat with celery or carrots instead of tortilla chips
- Use Neufchâtel in place of cream cheese
- Rinse the canned chicken to get rid of excess sodium; pat dry with paper towel



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