

## Gameday Buffalo Chicken Dip

11 servings

Snacking can be an important part of a healthy diet. Plan and choose snacks that are full of good things our bodies need instead of snacks that are full of extra calories, sugar, and fat.

- 1 (12.5 ounce) can chicken, drained\*
- 1 (15 ounce) can corn, low sodium, drained
- 1/2 cup celery, scrubbed with clean vegetable brush under running water, diced
- 1/4 cup green onion, gently rubbed under cold running water, diced
- 1 cup plain nonfat Greek yogurt\*\*
- 1/3 cup low-fat mayo
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 cup low-fat Cheddar cheese, shredded
- 1/4 cup hot pepper sauce (optional)

1. Wash hands with soap and water.
2. In a medium bowl, combine all the ingredients. Cover and refrigerate until ready to serve.
3. Serve with fresh vegetables or whole wheat crackers.
4. Store leftovers in a sealed container in the refrigerator for up to four days.



### Notes:

\*Canned tuna or cooked, shredded chicken can be substituted for canned chicken.

\*\*Nonfat or low-fat sour cream can be substituted for Greek yogurt.

**Nutrition Information per Serving (1/4 cup):** Calories 70, Total Fat 2g, Saturated Fat 0g, Cholesterol 15mg, Sodium 200mg, Total Carbohydrates 6g, Fiber 1g, Total Sugars 2g, includes 0g of added Sugars, Protein 9g, Vitamin D 0%, Calcium 4%, Iron 0%, Potassium 2%.