



Cooking
in the
Kitchen
at Olum's

Molly Morgan *RD, CDN, CSSD*
Delicious Recipes
that are Easy & Nutritious
www.olums.com

Chicken Wing Dip

Serves 8

Ingredients:

- 4 ounces light cream cheese (room temperature)
- 1 12½-ounce can of chicken, drained
- 1 cup plain Greek yogurt
- 1 cup shredded light cheddar cheese
- ½ cup crumbled blue cheese
- ¼ cup hot sauce (or more to taste)

Directions:

1. Preheat the oven to 350°F.
2. In a mixing bowl combine all the ingredients and mix together.
3. Transfer the mixture to an 8 x 8-inch baking dish.
4. Bake for 20-25 minutes, or until the cheese is bubbly.

Serving suggestion: Serve the dip with sliced carrots, celery sticks, and/or multi-grain tortilla chips.

ALL RIGHTS RESERVED © 2017 Molly Morgan