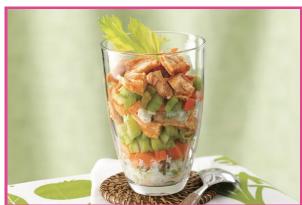






Deconstructed Buffalo Chicken Salad



Entire recipe: 177 calories, 3.5g total fat (2g sat. fat), 744mg sodium, 7g carbs, 1.5g fiber, 4g sugars, 29g protein

Prep: 10 minutes



Ingredients

3 tbsp. fat-free plain Greek yogurt
1/4 tsp. ranch dressing/dip seasoning mix
1/2 cup shredded lettuce
1 tbsp. crumbled blue cheese
3 oz. cooked and chopped skinless chicken breast
2 tsp. Frank's RedHot Original Cayenne Pepper Sauce
1/4 cup diced carrots
1/4 cup diced celery

Directions

Mix yogurt with seasoning mix. Stir in lettuce and blue cheese.

Coat chicken with hot sauce.

In a tall glass, layer half of each of ingredient: lettuce mixture, diced veggies, and saucy chicken.

Repeat layering with remaining ingredients.

MAKES 1 SERVING

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