



## 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

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### 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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