



# Buffalo Chicken Bell Pepper Boats



1/2 of recipe (2 boats): 247 calories, 8g total fat (3.5g sat. fat), 526mg sodium, 11g carbs, 3.5g fiber, 7g sugars, 31g protein

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**Total:** 5 minutes



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## Ingredients

- 2 large red bell peppers
- 2 tbsp. shredded part-skim mozzarella cheese
- 1 tbsp. whipped cream cheese
- 1 tbsp. Frank's RedHot Original Cayenne Pepper Sauce, or more for topping
- 6 oz. cooked and chopped skinless chicken breast
- 1/4 cup shredded carrots
- 2 tbsp. crumbled blue cheese
- 2 tbsp. chopped scallions

## Directions

Halve bell peppers lengthwise. Remove and discard seeds and stems.

In a microwave-safe bowl, combine mozzarella, cream cheese, and hot sauce. Mix until uniform. Add chicken and carrots. Mix well.

Cover bowl. Microwave for 1 minute, or until hot.

Fill pepper halves with chicken mixture. Top with blue cheese and scallions.

### MAKES 2 SERVINGS

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