



## 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

Freestyle™ [SmartPoints®](#) value 1\*

Prep: 10 minutes

Tagged: [Lunch & Dinner Recipes](#), [Single Serving](#), [30 Minutes or Less](#)



### 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

[SmartPoints®](#) value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints®](#) values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints®](#) trademark.