



Good 'n Crispy BBQ Chicken Dip



1/6th of recipe (about 1/3 cup): 153 calories, 7g total fat (3.5g sat fat), 446mg sodium, 10g carbs, 0.5g fiber, 5.5g sugars, 12g protein

Green Plan [SmartPoints](#)® value 5*

Blue Plan (Freestyle™) [SmartPoints](#)® value 4*

Purple Plan [SmartPoints](#)® value 4*

Prep: 10 minutes



More: [Recipes for Sides, Starters & Snacks, Recipes Developed for Our Partners, 30 Minutes or Less, Four or More Servings](#)

Ingredients

- 1/2 cup light/reduced-fat cream cheese
- 1/4 cup BBQ sauce
- 1/4 cup plain fat-free Greek yogurt
- One 10-oz. can white chunk chicken breast in water, drained and flaked
- 1/4 cup shredded reduced-fat cheddar cheese
- 1/4 cup chopped scallions
- 2 tbsp. chopped fresh cilantro
- 1 oz. (about 14 crisps) [The Good Crisp Company Outback BBQ Potato Crisps](#)

Directions

In a medium bowl, stir cream cheese until smooth. Add BBQ sauce and yogurt, and stir until uniform.

Add all remaining ingredients *except* crisps, and mix until uniform. Crush potato crisps. Add half of the crushed crisps to the dip, and gently stir.

Just before eating, top with remaining crushed crisps.

MAKES 6 SERVINGS

[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.