



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

Prep: 10 minutes

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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

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