



Slow-Cooker Buffalo Chicken Dip



1/12 of recipe (about 1/3 cup): 126 calories, 7g total fat (3.5g sat. fat), 574mg sodium, 3.5g carbs, 0.5g fiber, 2g sugars, 12g protein

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Prep: 5 minutes **Cook:** 1 hour or 3 hours



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Ingredients

2 1/2 cups frozen riced cauliflower
12 oz. cooked and shredded skinless chicken breast
8 oz. light/reduced-fat cream cheese
1/2 cup Frank's RedHot Original Cayenne Pepper Sauce
1/2 cup shredded part-skim mozzarella cheese
1/4 cup fat-free plain Greek yogurt
1/4 cup light ranch dressing
Optional topping: fresh chives

Directions

Spray a slow cooker with nonstick spray. Add all ingredients. Mix well.

Cover and cook on high for 1 hour or on low for 3 hours, until hot and thickened.

MAKES 12 SERVINGS

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