

Dips

Buffalo Chicken Dip

2 Cans (10 Oz) Premium Chunk Breast of Chicken, drained

2 Pkgs (8 Oz) cream cheese

1 cup ranch dressing

1/4 cup pepper sauce

1 1/2 cups cheddar cheese

Place cream cheese in shallow casserole. Microwave on 50% power until cheese is softened, 2-3 minutes.

Stir in drained chicken, ranch dressing, pepper sauce and one cup of the cheese. Sprinkle top with remaining cheese.

Microwave on 100% power two to four minutes, until hot and bubbly.

Serve with crackers, tortilla chips, and celery sticks.

Yield: 6 Cups

Per Serving (excluding unknown items): 2304 Calories; 218g Fat (84.2% calories from fat); 77g Protein; 15g Carbohydrate; 0g Dietary Fiber; 687mg Cholesterol; 2427mg Sodium. Exchanges: 11 Lean Meat; 37 Fat.