



Choco Fever Dream

Buffalo Chicken Dip – Easy & Healthy High-Protein Recipe

15 min

Prep time

6

Servings

15 min

Cook time

Easy

Difficulty

30 min

Total time

American

Cuisine

Ingredients

The Base

- ☐ 2 cups cooked shredded chicken (about 200g)
- ☐ 8 oz cream cheese, softened (226g)
- ☐ 1 cup plain Greek yogurt (240g)
- ☐ 1 teaspoon minced garlic (optional)

Flavor and Cheese

- ☐ 1/4 cup buffalo wing sauce (61ml)

- ☐ 1/4 cup ranch dressing (61ml)

- ☐ 1 cup shredded reduced-fat cheddar cheese (113g)

- ☐ 1/2 cup blue cheese crumbles (113g)

- ☐ Salt and pepper to taste

Garnish

- ☐ 1 tablespoon chopped green onions (optional garnish)

Instructions

- 1 First things first, go ahead and preheat your oven to 375°F (190°C). I usually lightly grease an 8-inch square baking dish or a 1.5-quart casserole dish so nothing sticks—it just makes cleanup so much easier, yeah?
- 2 Grab a large mixing bowl and combine your softened cream cheese, plain Greek yogurt, and that minced garlic if you're using it. Use a mixer or a wooden spoon and blend it until it's all nice and smooth. No lumps here!
- 3 Now, stir in the buffalo wing sauce and ranch dressing. I love watching the colors swirl together until the dip is creamy and that signature buffalo orange is even throughout.
- 4 Gently fold in the shredded chicken, half of the shredded reduced-fat cheddar cheese, and those blue cheese crumbles. Give it a taste and add a bit of salt and pepper—honestly, just trust your gut on this part.
- 5 Transfer the mixture into your prepared baking dish. Use a spatula to smooth out the top so it bakes evenly.
- 6 Pop it in the oven for about 12–15 minutes. You're looking for the top to be golden brown and for those little bubbles to start dancing around the edges.
- 7 Take it out and let it sit for a quiet 2 minutes. Then, sprinkle over the remaining shredded reduced-fat cheddar cheese and the chopped green onions. If you have some cilantro on hand, feel free to toss that on too.

- 8 Serve it while it's hot! I like to put out celery sticks, carrot sticks, tortilla chips, or some sliced pita bread for dipping. Wow, it smells amazing.

Nutrition per serving

280 kcal

Calories

22 g

Protein

8 g

Carbs

18 g

Fat

Tips & notes

- Using softened cream cheese is key; it prevents the dip from being lumpy.
- Greek yogurt adds a lovely tang and a protein boost without adding too much heaviness.
- The blue cheese crumbles add those little pockets of sharp flavor that make this dish.