



#MakeItGAP

RECIPES

BUFFALO CHICKEN DIP

YIELD: Serves 6

PREP TIME: 10 minutes (40 minutes if cooking chicken)

COOK TIME: 10 minutes

INGREDIENTS:

- 1 tablespoon unsalted butter
- 2 teaspoons minced garlic
- 2 cups cooked chicken shredded
- 1/2 cup hot sauce (we like Frank's Red Hot Sauce)
- 8 oz block cream cheese, softened
- 1/2 cup sour cream
- 1/2 cup white Cheddar cheese, shredded
- 1/4 cup American cheddar, shredded
- 1/4 cup crumbled blue cheese (optional)
- 2 teaspoons green onions, chopped
- Celery sticks, carrot sticks, tortilla chips, crusty bread pieces, for serving

PREPARATION:

- Preheat oven to 375°F (190°C). Arrange oven rack to the middle of your oven.
- In an 8-inch cast-iron skillet (or an oven safe pan), melt the butter over medium-high heat. Sauté garlic for 30 seconds. Add the chicken and hot sauce and simmer until sauce has thickened and reduced by half (about 2 minutes).
- Reduce heat to low and stir in cream cheese; mix until combined. Take off heat, stir in sour cream and top with both shredded cheddar cheeses on top.
- Bake until bubbling around the edges and the cheese has melted (about 10 minutes). Broil for 1 minute to brown on top.
- Garnish with blue cheese and green onions (optional).
- Serve with veggie sticks, tortilla chips, or crusty bread pieces.

Adapted from [Café Delites](#).