

15-MINUTE DINNER

# Skinny Buffalo Chicken

We *slimmed* down this decadent favorite without skimping on crunch or flavor!

**WHISK** 2 Tbsp. **butter**, melted, and ¼ c. **hot cayenne pepper sauce** in lg. bowl. Add shredded meat from 1 (2-lb.) **rotisserie chicken**; toss to coat.

**MIX**, in sm. bowl, 1 (6-oz.) container **plain nonfat Greek yogurt**, 1 Tbsp. each **milk** and **fresh lemon juice**, ½ c. **crumbled blue cheese** and ¼ tsp. **salt**.

**TOSS**, in lg. bowl, 2 hearts **romaine lettuce**, torn; 2 stalks **celery**, sliced; 1 c. **shredded carrots**; and dressing. Divide among 4 plates. Top with chicken.

**SERVES 4** Each serving about 365 calories, 39 g protein, 11 g carbohydrate, 19 g total fat (9 g saturated), 2 g fiber, 140 mg cholesterol, 1,505 mg sodium.



**EVEN HEALTHIER!**  
Swap olive oil in for butter, and reduce cheese to ¼ cup.