



Spicy Chicken Dip Perfect for Game Day

Serves 18

INGREDIENTS

8 ounces cream cheese
½ of a red bell pepper
1 cup sour cream
5 teaspoons Tabasco sauce
2 teaspoons onion powder
3 cups cooked shredded chicken
1 small bunch green onions, chopped

DIRECTIONS

1. Preheat oven to 350° F.
2. Let cream cheese soften at room temperature, or microwave for 20 seconds to soften.
3. Puree the red bell pepper in a blender.
4. Mix cream cheese and sour cream in a bowl. Add the red bell pepper puree, Tabasco sauce, onion powder, green onions and stir mixture.
5. Add cooked shredded chicken and stir until combined.
6. Bake in the oven for 20 minutes.
7. Serve warm with fresh vegetables (carrots, celery, bell peppers, etc.).

NUTRITION:

Nutrition info for dip only.

100 Calories
7g Protein

73 mg Phosphorus
100 mg Potassium

78 mg Sodium