

Buffalo chicken parfait

Makes 1 serving

INGREDIENTS

1/2 cup plain, fat-free yogurt
1/4 tsp onion powder
1/8 tsp granulated garlic
Pinch ground black pepper
Pinch freeze-dried chives
1/8 tsp dried parsley
1 oz. cooked diced chicken
1 tsp hot sauce
4 sticks raw celery
1 oz. shredded Cheddar cheese

INSTRUCTIONS

1. Mix yogurt with all spices. Set aside.
2. Mix cooked chicken with hot sauce. Stir until evenly coated. Set aside.
3. Clean celery. Remove tops and cut into 6 inch sticks.
4. Using an 8-9 oz. clear cup, layer:
1/2 cup ranch flavored yogurt
1 oz. chicken mixture
1 oz. Cheddar cheese
Place 4 sticks into cups

NUTRITIONAL FACTS: PER SERVING

Calories: 250 kcal	Calcium: 30% DV
Total Fat: 11 g	Protein: 27 g
Saturated Fat: 6 g	Carbohydrates: 14 g
Cholesterol: 60 mg	Dietary Fiber: 1 g
Sodium: 560 mg	Vitamin A: 2% DV
Iron: 4% DV	Vitamin C: 15% DV

