

## Buffalo Chicken Dip

(Makes approximately 20-25 servings)

2	lbs	boneless, skinless chicken breasts, cubed or shredded
8	oz	Mascarpone (Italian soft cheese)
2	oz	Daisy Light sour cream
1/3	cup	Texas Pete hot sauce
1	clove	garlic, minced
1		small onion, diced
2/3	cup	shredded cheddar cheese
1/3	cup	shredded mozzarella cheese
1/2		Hidden Valley Ranch Salad Dressing & Seasoning Mix packet
1/4	tsp	garlic powder
1/4	tsp	onion powder
1/4	tsp	cayenne pepper
---	---	salt and pepper

1. Pre heat the oven to 400°F. Cover a sheet pan with parchment paper or foil. If using foil, spray it with non-stick spray or brush with olive oil.
2. Place whole chicken breast on pan and season chicken with salt and pepper.
3. Bake chicken for 30-35 minutes (or until the internal temperature of the chicken reaches 165°F and the juices run clear).
4. Remove chicken from oven. Allow to rest until cool enough to handle.
5. Pre heat the oven to 350°F.
6. Reserve 1/3 cup of cheddar cheese. In a bowl, combine mascarpone, sour cream, hot sauce, minced garlic, diced onion, cheese, ranch seasoning packet, garlic powder, onion powder, cayenne pepper. (Half of the Hidden Valley Ranch Salad Dressing & Seasoning Mix packet = 1 cup ranch dressing)
7. Shred cooled chicken using two forks or dice chicken into ½ inch or ¼ inch chunks.
8. Add shredded chicken to bowl. Mix until smooth.
9. Spray a 9x13in baking dish with non-stick spray. Transfer buffalo chicken dip mixture to sprayed baking dish. Spread the mixture in pan creating a smooth, even surface.
10. Sprinkle reserved 1/3 cup of cheddar cheese on top of dip.
11. Bake buffalo chicken dip in oven for 25-30 minutes. Serve with homemade chips, celery, carrots, or other raw vegetables.

## Homemade Chips

~10 whole wheat tortilla wraps  
OR  
~4-5 whole wheat pita bread/pockets  
2 tbsp olive oil  
1/4 tsp salt  
--- --- pepper (optional)

Other seasoning options to add flavor without adding salt:

- Garlic powder
- Onion powder
- Low sodium seasoning salt
- Any other lower sodium spice blend

1. Pre heat the oven to 350°F.
2. Cut tortillas into eighths (1/8). Pitas cut in half horizontally then cut into eighths (1/8).
3. Put triangles into large Ziploc bag. Add olive oil and seasonings.
4. Securely close bag. Shake and massage bag until all triangles are even coated.
5. Cover 1-2 sheet pan(s) in parchment paper or aluminum foil.
6. Bake chips in oven for 10-15 minutes, or until golden brown.

## Loaded Nachos

### DIY Taco Seasoning (Makes ~2 oz)

1.5	tbsp	chili powder
3	tsp	cumin
1/2	tsp	garlic powder
1/2	tsp	onion powder
1/2	tsp	dried oregano
1/2	tsp	paprika
1/2	tsp	red pepper flakes
2	tsp	salt
2	tsp	ground black pepper

### Pico de gallo (makes ~2 cups)

3		tomatoes on the vine, diced
1/4		red onion, diced
1	clove	garlic, minced
1	tbsp	cilantro, minced
1	tbsp	jalapeño, seeded and minced
1/2		lime, juiced
1/8	tsp	garlic powder
1/8	tsp	onion powder
---	---	salt and pepper

### (Makes approximately 6-8 servings)

1	lb	boneless, skinless chicken breasts, cubed or shredded
OR		
1	lb	ground turkey
13-16	oz	homemade chips
1	can	black beans
1/2	can	corn, no salt added
1	cup	shredded cheddar cheese
1	cup	shredded colby or monterey jack cheese
2		green onions, sliced
1		avocado, diced
1/2	cup	light sour cream or plain Greek yogurt

### Optional:

10-15	oz	taco-seasoned, roasted cauliflower, diced
4-6	oz	cauliflower rice added to ground meat

1. Mix spices small bowl to create homemade taco seasoning. Set aside.

2. Dice tomatoes and onion; mince garlic, cilantro, and jalapeño; Add all to a medium sized bowl.
3. Juice lime, season with onion powder, garlic powder, salt, and pepper to taste. Mix and refrigerate.
4. Pre heat the oven to 400°F. Cover a sheet pan with parchment paper or foil. If using foil, spray it with non-stick spray or brush with olive oil.
5. Place whole chicken breast on pan and season chicken with taco seasoning blend.
6. Bake chicken for 30-35 minutes (or until the internal temperature of the chicken reaches 165°F and the juices run clear).
7. Remove chicken from oven. Allow to rest until cool enough to handle. Shred cooled chicken using two forks or dice chicken into ½ inch or ¼ inch chunks.
8. Pre heat the oven to 425°F.
9. Cover a sheet pan with parchment paper or foil.
10. Layer half of the chips on sheet pan. Top chips with half of all the toppings to go in the oven: cheese, meat, beans, and corn.
11. Layer second half of chips and toppings (cheese, meat, beans, and corn). Top with cheese.
12. Bake nachos approximately 15 minutes or until cheese is melted.
13. Enjoy with toppings: pico de gallo, avocado, sour cream or plain Greek yogurt.

## Pizza

1 whole wheat pizza crust

### Optional heart healthy toppings:

low sodium tomato sauce or crushed tomatoes  
1-2 oz ricotta cheese  
6-8 oz sliced fresh mozzarella  
Basil leaves, rosemary sprigs, thyme leaves  
Roasted vegetables (onions, zucchini, yellow squash, carrots, bell peppers, broccoli, eggplant, etc.)

1. Prepare roasted vegetables:
  - a. Pre heat the oven to 500°F.
  - b. Cover a sheet pan with parchment paper or foil. If using foil, spray it with Pam or brush with olive oil.
  - c. Mince garlic, and slice onion, zucchini, yellow squash, carrots, etc.
  - d. Place vegetables on sheet pan. Season with minced garlic, olive oil, salt, and pepper.
  - e. Roast for 25-30 minutes, depending on preferred tenderness.
1. Top crust with tomato sauce followed by heart healthy toppings.
2. Bake pizza according to crust instructions.