

Buffalo Stuffed Chicken

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Serves 4

Blue – 3 points

Purple – 3 points

Green – 5 points

- 4 boneless skinless chicken breasts (skinless chicken breasts)
- 8 Tbsp whipped cream cheese
- 2 oz Cabot 75% reduced fat cheese (shredded)
- 1 packet ranch seasoning
- $\frac{1}{2}$ cup or to taste buffalo sauce
- 1 Tbsp fresh parsley (optional)
- Low Fat/Fat Free Ranch or blue cheese dressing (optional (points not included in recipe))

1. Preheat oven to 375
2. Spray a 9x13 baking dish with non-stick spray
3. Cut a pocket into each chicken breast careful not to cut all the way through. Set aside
4. In a bowl, combine cream cheese, shredded cheese and ranch seasoning. Mix well
5. Divide the cream cheese mixture into 4 equal servings and stuff chicken breasts.
6. Place chicken in baking dish and brush to taste with buffalo sauce.

7. Bake for 25 minutes, brushing with additional buffalo sauce every 10 minutes.
8. Sprinkle with chopped fresh parsley and drizzle with ranch or blue cheese dressing before serving, optional