

Helergon Kitchen

Easy High-Protein Buffalo Chicken Dip

10 min Prep time	**20 min** Cook time	**30 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

The Base

- [ ] 2 cups cooked shredded chicken
- [ ] 4 oz cream cheese, softened
- [ ] 1/2 cup plain Greek yogurt
- [ ] 1 tbsp butter, melted

Flavor and Spice

- [ ] 1/4 cup ranch dressing (or blue cheese dressing)
- [ ] 1/4 cup buffalo sauce (e.g., Frank's RedHot)
- [ ] Salt and pepper to taste

The Topping

- [ ] 1 cup shredded sharp cheddar cheese
- [ ] 1/4 cup crumbled blue cheese (optional)

Instructions

1. First things first, go ahead and preheat your oven to 375°F (190°C). It's always better to have it ready and waiting, right?
2. Grab a medium bowl and beat that softened cream cheese until it's nice and smooth. Honestly, if it's still a bit cold, it'll be a struggle, so make sure it's soft.
3. Now, stir in the plain Greek yogurt, ranch dressing, buffalo sauce, melted butter, and a pinch of salt and pepper. Just mix it all together until it looks well combined and creamy.
4. Gently fold in the cooked shredded chicken. You want every little piece to be evenly coated in that spicy sauce mixture—no chicken left behind!
5. Carefully transfer your mixture into an 8-inch baking dish. I usually take a spatula to smooth the top so it bakes evenly.
6. Sprinkle the shredded sharp cheddar cheese and that optional crumbled blue cheese right over the surface. It looks so inviting already.
7. Pop it in the oven for 18–20 minutes. You're looking for it to be hot and bubbly, with the cheese on top just starting to turn a lovely light brown.
8. Take it out and—this is the hard part—let it rest for about 2 minutes. It helps the dip set just a bit before you dive in.

9 Serve it while it's still warm with some crisp celery sticks, tortilla chips, or maybe a sliced baguette. Enjoy!

Nutrition per serving

310 kcal	19 g	8 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- Leftover rotisserie chicken is a lifesaver here for quicker prep.
- The dip is naturally gluten-free as long as your chips or crackers are too.
- Using reduced-fat dairy or skipping some butter can lower the calories if you're watching them.