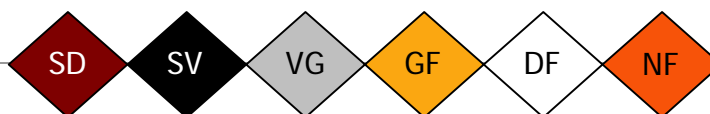

Healthy Swaps Buffalo Wing Dip

(*see dietary notes)

Recipe by: Chef Kelly Yorke



Spicy hot Buffalo Wings are often served with a cooling Blue Cheese Dip that is loaded with sour cream, cream cheese or mayonnaise. This recipe slims down the fat and calories but not the taste.

Ingredients:

1/2 cup	Buttermilk
1/2 cup	Greek Yogurt, 0% Fat, plain
1/4 cup	Low Fat Mayonnaise
1 Tbsp.	Cider Vinegar
1 tsp.	Worcestershire Sauce
2 Tbsp.	Red Onion, minced
1/2 tsp.	Garlic Powder
1/2 tsp.	Fresh ground pepper
1/4 cup	Blue Cheese, reduced fat

Directions:

1. Whisk all ingredients together in a blender or food processor until smooth. Refrigerate until ready to serve.

YIELD: 1.5 cups or 12 servings (about two-tablespoon per serving)

*Dietary Notes:

- To make Vegan (SV) and Dairy-free (DF), replace buttermilk with 1/2 cup soy or rice milk. Replace dairy yogurt with 1/2 cup soy yogurt. Replace mayonnaise with 1/4 cup Veganaise or vegan mayonnaise substitute. Replace blue cheese with 2 ounces vegan blue cheese flavored substitute or any flavor grated vegan cheese substitute and 1 tablespoon chopped chives.
- To make Gluten-free (GF), check label of Worcestershire sauce to ensure it is a gluten-free variety or use 1 teaspoon of a gluten-free soy sauce.

Per Healthier Buffalo Wing Dip Serving: 28 Calories, 2g Carbohydrates, 1g Fat, 3g Protein, 0g Dietary Fiber, 2mg Cholesterol, 101mg Sodium

Per Store-Bought Blue Cheese Dressing Serving: 142 Calories, 2g Carbohydrates, 16g fat, 0g Protein, 0g Dietary Fiber, 10mg Cholesterol, 280 mg Sodium