

This is more of a formula than a recipe - it's very flexible so use what you have on hand. It's an especially good way to use up leftover chicken!

2 C chicken, cooked, chopped
1.5 C Greek yogurt
Hot sauce, to taste
1/4 C blue cheese, crumbled
1/2 C cheddar cheese, shredded, divided

Preheat oven to 350*
Spray an 8x8 casserole dish with nonstick spray

Combine chicken, hot sauce, Greek yogurt, blue cheese and 1/4 C cheddar cheese and spread in dish. Sprinkle remaining shredded cheese over the top and bake for 20-30 minutes until bubbly and brown around the edges.

Serve with celery sticks, carrots, bell pepper wedges or crackers of your choice.

This appetizer is a great source of protein and is a heart-healthier option to enjoy during the big game... or any time!