



Easy Buffalo Chicken Salad

(Prep time 10 mins)
(Cook time 5 mins)
(Yield 6 servings)

2 T avocado oil
1 T apple cider vinegar
¼ cup Tabasco hot sauce
2 lbs. roasted chicken breast
(skinless and shredded,
leftovers are great!)
½ cup celery finely chopped
¼ cup green onion, finely chopped
1/3 cup fat-free plain Greek yogurt

METHOD

- In a small saucepan over low heat, stir together avocado oil, apple cider vinegar and hot sauce. Heat until it simmers.
- In a mixing bowl combine the shredded chicken, celery and green onion. Pour the buffalo sauce over the chicken and stir to coat. Add the greek yogurt and stir well.
- Refrigerate for at least 30 minutes before serving.

Nutrient analysis for 1 serving: Calories 298,
Carbohydrates 1g, Total Fat 10g, Saturated Fat 2g,
Sodium: 127mg

Cooking
Life
WITH CHEF RAY NOTTIE

**This recipe does not adhere to Kosher guidelines.*