

Red-hot Chicken Salad

Ingredients:

6 ounces of cooked skinless lean chicken breasts, cubed
3 tablespoons fat free mayonnaise
3 tablespoons chopped celery
3 tablespoons chopped carrots
2 teaspoons reduced fat Parmesan style grated topping
1 ½ teaspoons of Franks RedHot Original Cayenne Pepper Sauce
½ teaspoon dry ranch dip/dressing mix

Directions:

In a medium bowl, combine mayo, Frank's, and ranch mix, and stir well.
Add chicken, celery, and carrots to the saucy mayo and stir.
Sprinkle with parm style topping and stir again
Enough stirring.....eat up!!!

Per serving(3/4 cup)

Calories- 142

Fat- 2.25g

Sodium-585mg

Carbs- 6g

Sugars- 2g

Protein-25g