

Buffalo Chicken Salad

Ingredients

4 cups chopped, cooked chicken breast

½ cup nonfat or low-fat Greek yogurt

2 ½ tablespoons mayonnaise

3 tablespoons cayenne pepper sauce, preferably Frank's Red Hot

6 celery stalks from the tenderer, inner part of the bunch, cut thinly on the bias, with leaves (4 cups)

2 large scallions, white and green parts, thinly sliced

For serving:

1 head of Romaine lettuce

1/3 cup crumbled blue cheese

Additional cayenne pepper sauce, to taste

Directions

Place the yogurt, mayonnaise, and hot sauce, in a large bowl and stir to combine. Stir in the chicken, celery, and scallions and toss to combine. Salad may be refrigerated at this stage.

Serve over a bed of whole Romaine lettuce leaves, garnished with the blue cheese and additional hot sauce if desired.

Makes 6 servings

