



THE ingles TABLE

CHEF DEREK ST. ROMAIN

Head Chef, Duke Diet and Fitness Center
Regional Coordinator, Backyard Bow Pro

Frank's Buffalo Chicken Dip



SHOPPING LIST

- 2 cups shredded cooked chicken
- 1 (8 oz. pkg.) cream cheese, softened
- 1/2 cup FRANK'S RedHot Original Cayenne Pepper Sauce or FRANK'S RedHot Buffalo Wing Sauce
- 1/2 cup ranch dressing
- 1/2 cup blue cheese crumbles

INSTRUCTIONS

- Preheat oven to 350°F. Mix all ingredients in a large bowl. Spoon
- into shallow 1-quart baking dish.
Bake 20 minutes or until mixture is heated through; Stir. Sprinkle
- with green onions, if desired, and serve with chips, crackers and/or veggies.