

Easy Chicken and Cheese Dip

Makes: 6 Appetizer Servings

Making a dip is easy when you start with canned, boned chicken. A delicious dip to serve with your favorite vegetables.

Ingredients

1 can chicken (drained)

2 teaspoons reduced salt taco seasoning from package (or use 1 teaspoon chili powder instead)

1 cup low-fat cheddar cheese (shredded)

6 ounces low-fat, unsalted tortilla chips

Directions

1. Place chicken and taco seasoning in medium-sized skillet; cook over medium heat for 3 to 4 minutes. 2. Put chicken and taco seasoning mixture in a bowl. Sprinkle shredded cheese on top of warm chicken and taco seasoning mixture. Serve with tortilla chips.

Notes

Tip: Chopped vegetables like onions, green or red peppers, or mushrooms can also be added to the chicken and taco mixture while heating.

Source: Recipe provided by USDA FNS, Food Distribution Division, 2009.

Nutrition Information

Nutrients	Amount
Calories	230
Total Fat	6 g
Saturated Fat	2 g
Cholesterol	45 mg
Sodium	300 mg
Total Carbohydrate	23 g
Dietary Fiber	2 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	21 g
Vitamin D	N/A
Calcium	129 mg
Iron	1 mg
Potassium	N/A

N/A - data is not available

