

Buffalo Chicken Roll-Ups with Low-Fat Blue Cheese Dressing

Servings: 4

Adapted from <http://www.cookingandbeer.com/2013/01/buffalo-chicken-roll-ups/>

Ingredients

2 boneless, skinless chicken breasts, fat trimmed off and sliced in half horizontally

1/4 tsp pepper

1/4 tsp salt

1/4 cup water

1 Tbsp butter

3 Tbsp hot sauce

2 celery stalks, finely chopped

4 tortillas

Low-Fat Blue Cheese Dressing

1/4 cup crumbled blue cheese

5 oz plain yogurt (save the rest for Shrimp Taco recipe)

1 Tbsp olive oil

1 tsp lemon juice

1/4 pepper

Baby carrots

Sliced celery

Preparation

1) Preheat oven to 400 degrees.

2) Spray a baking sheet with a non-stick spray and lay chicken breasts on top. Season with salt and pepper and coat the bottom of the pan with water (just enough to cover the bottom of the pan). Bake at 400 degrees for 20 minutes or until the chicken reaches an internal temperature of 165 degrees.

3) Meanwhile, in a saucepan over medium-low heat, combine the butter and the hot sauce. Heat until butter is melted, stirring occasionally. Reduce the heat to a simmer to keep warm.

4) Remove chicken from the oven and transfer to a cutting board. Shred the chicken with 2 forks and transfer to a mixing bowl. Pour the hot sauce mixture onto the chicken and mix with a rubber spatula. Add in your chopped celery and stir to combine.

5) Divide the chicken mixture among each tortilla, leaving a 1/2 – 1 inch border around the edge. With the seam side down, slice into 1/2-inch pieces. Poke with a toothpick if

you find they are unraveling to keep them together.

6) Combine blue cheese, yogurt, olive oil, lemon juice and pepper in a small bowl. Stir to combine and serve on the side for dipping with baby carrots and celery.