

Buffalo Chicken Dip Pasta

Recipe makes 6 meals

Ingredients

- **2 cans Fully Cooked Chunk Breast Chicken, 12.5 ounces each, drained**
- **16 ounce Low Fat Cottage Cheese**
- **14.5 ounce box Barilla Protein Plus Pasta**
- **1 ounce pack Ranch Seasoning**
- **1 cup Extra Sharp Cheddar Cheese**
- **2/3 cup Frank's Red Hot Original Sauce**
- **1 Tbsp Garlic Powder**
- **Salt and Pepper to taste**



Nutrition Profile

- per meal -

Calories - 442
Fat - 9g
Carbohydrates - 52g
Protein - 42g
***Fiber - 6g**

**Estimated Cost
Per Meal**

\$1.93

   @zachcoen

www.mindbodyandnutrition.com

Instructions

- 1. Start by cooking your pasta according to the instructions on the package. When done, strain it, return it back to the pot, and set aside.**
- 2. While your pasta is cooking, in a blender or food processor, add 16 ounces cottage cheese, 2/3 cup Frank's hot sauce, 1 ounce pack ranch seasoning, and 1 Tbsp garlic powder. Blend until smooth and set aside.**
- 3. In a mixing bowl, add in your drained canned chicken, and shred using the back of a fork.**
- 4. Once your chicken is shredded, add it into the pot with your cooked pasta, along with 1 cup shredded cheese, your cottage cheese mixture, and mix well.**
- 5. Give it a taste, and add salt and pepper to preference.**
- 6. Portion out into your meal containers, and enjoy!**

Notes

- **Canned chicken is just a convenient source of protein. If you would rather cook your chicken or even use something like rotisserie, that's perfectly fine.**
- **This is another dish that you can easily add veggies to. Something like steamed broccoli or chopped spinach would go great.**
- **For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.**
- **If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.**