

Buffalo Chicken Lettuce Cups

Cooking Instructions

1. Heat olive oil in a medium pan and cook chicken until 165 degrees internally, flipping halfway through. Set aside to cool slightly. For ease, could use a rotisserie chicken.
2. While chicken is cooking, dice celery and slice onion into thin strips.
3. For the sauce combine 1 cup hot sauce, Greek yogurt, lemon juice, salt, pepper, garlic powder, and dill. Stir and set aside. Add more hot sauce if using larger chicken breasts. Add more Greek yogurt for a creamier sauce.
4. Shred chicken in a bowl and add most the sauce mixture, saving 1-2 tablespoons for drizzling. Mix well.
5. Wash and cut or rip lettuce into small or bite sized pieces. Place 1 tablespoon of chicken mixture onto lettuce. Top with diced celery, shredded carrot, and sliced onion. Drizzle with remaining sauce, or add ranch, blue cheese, or Greek yogurt to cut down on heat if desired. Eat it like a taco!

Recipe

- 1 tablespoon olive oil
- 2-3 chicken breasts
- 1 head of lettuce (iceberg or bib lettuce is best)
- 1 cup shredded carrots
- 2 stalks of celery, diced
- 1 red onion, sliced
- 1-1/2 cups hot sauce
- 2-3 tablespoons plain Greek yogurt
- Juice of ½ lemon
- salt
- pepper
- 2 teaspoons garlic powder
- 1 teaspoon dill
- Optional – top with extra dressing: bleu cheese or more Greek yogurt

Grocery List – Add optional ingredients as desired

Produce

- 1 lemon
- 1 red onion
- 1-2 carrots to shred or bagged shredded carrots
- 2 stalks celery
- 1 head of lettuce

Meat

- 2-3 chicken breasts or precooked chicken

Dairy

- Plain Greek yogurt

Canned Goods

- Hot sauce
- Optional: any other dressing

Pantry

- Olive oil or plant oil
- salt
- pepper
- garlic powder
- dill