

# Buffalo Chicken Strips & Bleu Cheese Dipping Sauce

written by The Recipe Exchange | January 24, 2014

## **Ingredients**

2/3 cup non-fat plain yogurt  
3 Tbls. reduced-fat mayonnaise  
2 oz. blue cheese crumbles  
3 Tbls. minced scallions / green onions  
1/4 tsp. coarsely ground black pepper  
1/2 lb. boneless chicken breasts – cut in 1/4\” strips  
1/4 tsp. salt  
1 tsp. vegetable oil  
2 tsp. butter OR margarine  
1 Tbls. hot sauce

## **Directions**

In a small bowl, whisk together yogurt, mayonnaise, and blue cheese. Stir in the scallions / green onions and pepper. Cover and refrigerate until needed.

Heat the oil in a large, preferably non-stick skillet over medium high heat. Sprinkle salt on the chicken. In a skillet, brown chicken strips in oil, stirring frequently, 3-4 minutes, or until lightly browned and cooked through.

Remove from heat and add butter and hot sauce to the pan, swirling the pan until the butter barely melts and the sauce coats the chicken.

Serve the chicken along with the blue cheese dip.