

Main Dish, Wal Mart Recipes - 99% of ingredients come from Wal-Mart

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Buffalo Grilled Cheese



Period of Time: All time

Ingredients

- 1/2 cups cooked, shredded chicken breast (Chicken Breast: Category 1 - Lean Protein)
- 1 tbsl fat free sour cream or fat free Greek plain yogurt (Approved Fat Free Sour Cream: Condiments)
- 1.5 tbsl Frank's Red Hot Buffalo Wings sauce (Frank's RedHot Buffalo Wings Sauce: Condiments, Freebies)
- 1/4 tsp garlic powder (Garlic Powder: Spices & Seasonings)
- 1/4 tsp dried basil (Basil: Freebies, Gluten-free)
- 2 slices approved bread (Nature's Own Double Fiber Wheat Bread: Category 2 - Fibrous Carbohydrates, Condiments, Breads)
- 2 slices preferred fat free cheese (Kraft Fat Free Cheese Singles: Category 1 - Lean Protein, Condiments, Snacks)
- Zero Drag 100% MCT oil (Zero Drag 100% MCT Oil: Cooking Fat, Healthy Fats)

Directions

1. In a bowl, stir together chicken, sour cream, wing sauce, garlic powder, and basil until all ingredients are combined.
2. On one slice of bread, layer one slice of cheese, the buffalo chicken mixture, the other slice of cheese, and top with the last slice of bread.
3. Place sandwich in a greased pan.
4. Flip when each side reaches your desired doneness.

Serving Notes

1 whole sandwich is a meal. Counts as 1+2+C. *

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