

## Buffalo Chicken Salad with Blue Cheese



**Makes 6 servings**

Active time: **15 minutes**

Total time: **3 hours 20 minutes**

Course: **Dinner**

Zippy Buffalo chicken is paired with blue cheese and crunchy romaine and celery for a healthier spin on a fast-food classic.

### Ingredients

- 1½ pounds boneless, skinless chicken breast
- ½ cup buffalo chicken sauce or reduced-sodium Buffalo sauce
- 4 teaspoons cider vinegar, divided
- 1 teaspoon Worcestershire sauce
- 1 teaspoon paprika
- ⅓ cup light mayonnaise
- 2 tablespoons nonfat milk
- 2 tablespoons crumbled blue cheese
- 2 romaine hearts, chopped
- 1 cup whole-grain croutons
- ½ cup very thinly sliced red onion

### Preparation

1. Place chicken in a 2-quart slow cooker. In a small bowl, stir together Buffalo sauce, 2 teaspoons vinegar and Worcestershire; pour over chicken. Sprinkle with paprika. Cover and cook on Low for 3 to 4 hours.
2. At serving time, whisk mayonnaise, milk and the remaining 2 teaspoons vinegar in a small bowl; stir in blue cheese. While the chicken is still in the slow cooker, use two forks to pull the meat into bite-size chunks.
3. Divide romaine among 6 plates. Spoon the chicken and sauce over the lettuce. Drizzle with the blue cheese dressing and top with croutons and red onion slices.

### Nutrition

Per serving: 274 calories; 11 g carbohydrates; 13 g fat (2 g sat, g mono); 27 g protein; 79 mg cholesterol; 2 g dietary fiber; 565 mg potassium; 396 mg sodium.  
Nutrition bonus: 11 mg Niacin, 7 mg Vitamin C, 60 µg Folate, 40 mg Calcium, 1 mg Iron, 4761 IU Vitamin A

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