

# Buffalo Chicken Lettuce Cups

## Instructions

1. Heat olive oil in a medium pan and cook the chicken until it reaches 165 degrees internally, flipping halfway through. Set aside to cool slightly. For ease, you could also use a rotisserie chicken.
2. While the chicken is cooking, dice the celery and slice the onion into thin strips.
3. For the buffalo sauce, combine the 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 the chicken in a bowl and add most of the sauce mixture, saving 1-2 tablespoons for later. Mix well.
5. Wash and cut or rip the lettuce into small or bite sized pieces. Place 1 tablespoon of chicken mixture onto the 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!

## Ingredients

- 1 tbsp olive oil
- 2-3 chicken breasts
- 1 head of lettuce (iceberg or bib lettuce)
- 1 cup shredded carrots
- 2 stalks of celery, diced
- 1 red onion, sliced
- 1 ½ cups hot sauce
- 2-3 tbsp plain Greek yogurt
- Juice of ½ lemon
- Salt and pepper
- 2 tsp garlic powder
- 1 tsp dill
- Optional: top with extra dressing, blue cheese, or more Greek yogurt

## Grocery List

### Produce

- Lemon
- Onion
- Carrots
- Celery
- Lettuce

### Meat

- Chicken breast

### Dairy

- Plain Greek yogurt

### Canned Goods/Pantry

- Olive oil
- Hot sauce
- Salt and pepper
- Garlic powder
- Dill
- Any other dressing (optional)