Chicken Dip Recipes

Warm chicken dip baked with cream cheese, Greek yogurt, Cheddar and a little hot sauce.

SERVES 4 | PREP 15 MIN | COOK 35 MIN | REST 5 MIN | TOTAL 55 MIN **EASY**



INGREDIENTS

- 1 1/2 lb (680 g) boneless, skinless chicken breast
- 1 tbsp (15 ml) olive oil
- 1/2 tsp (3 g) fine salt
- 1/4 tsp (0.5 g) black pepper
- 8 oz (225 g) cream cheese, softened
- 1/2 cup (120 g) Greek yogurt
- 1 cup (100 g) shredded Cheddar made with microbial rennet
- 1/4 cup (60 ml) cayenne hot sauce

METHOD

1. Cut chicken into small, even cubes. Season and saute in oil for 8-12 minutes, until the thickest pieces reach 165 F (74 C). Chop finely.

2. Heat oven to 375 F (190 C).

3. Mix chicken, cream cheese, yogurt, hot sauce and half the Cheddar.

4. Spread in a small baking dish and top with remaining cheese. Bake 20-25 minutes until bubbling and the center reaches 165 F (74 C).

5. Rest 5 minutes. Serve warm with vegetable sticks or crackers.

SAFE COOKING

Keep raw poultry separate from ready-to-eat foods. Use a thermometer to confirm chicken reaches 165 F (74 C); color and time alone do not confirm doneness.

VARIATION & SERVING

For a smoky dip, add 1/2 tsp smoked paprika. Add 1/8 tsp cayenne for extra heat or 1 tsp dried parsley for herbs.

STORAGE & REHEATING

Refrigerate in a shallow covered container within 2 hours (1 hour above 90 F / 32 C); keep at 40 F / 4 C or below and use within 3-4 days. Freeze up to 2 months for best quality; texture may soften. Reheat to 165 F / 74 C.