

CHICKEN WITH RED PEPPER DIP

YIELD: Makes 1½ Cups

Chef Vanessa LaBranche

This recipe was inspired by elevating the flavor of canned chicken which is economical and convenient. By adding roasted peppers, it gives a slight sweetness and smoky element.

Additionally, Spanish smoked paprika is added to enrich this dip. This spice comes in mild, medium and hot so the choice is yours! Spread onto crusty bread as indicated in this recipe or use as a scoop of protein for a garden salad if you wish.

INGREDIENTS

- 10 ounces of canned chicken
- 1 red bell pepper, roasted
- 1 Tbsp of lemon juice
- 4 Tbsp of Neuchatel cream cheese (Philadelphia reduced fat cream cheese or reduced fat cream cheese of choice)
- 2 Tbsp of olive oil mayonnaise
- 1 tsp of granulated garlic powder
- 1 tsp of smoked Spanish paprika
- 2 tsp of dried chives (you can also just use 1 tsp of onion powder)
- Salt & pepper to taste
- Toasted bread to serve with (good options are French, Italian or whole grain crusty bread)
- Optional toppings: lettuce of your choice, sliced red onion, cucumber, pickles

DIRECTIONS

1. Open the can of chicken and drain excess liquid. Add the chicken to a food processor to flake it evenly. (If no food processor, use a fork and break apart until flaky.)
2. Add to a large bowl.
3. Make the dip by combining the red pepper and lemon juice. Blend until coarsely chopped. Scrape the bowl if necessary. (If no food processor, chop finely into pieces and proceed with the rest of the recipe.)
4. Add the cream cheese and mayonnaise and the rest of the ingredients except the bread. Combine thoroughly and adjust with additional salt and pepper to taste.
5. Using a large spoon spread the mixture over 4 slices of toasted bread of your choice. Top with optional toppings as suggested. Serve.