



## **Easy Chicken Salad**

- 2 large cans of chicken (drained).
- 2 packs softened low fat cream cheese.
- 1 pack of dry ranch mix (any flavor you want)

Mix everything together and place in fridge for 2 hours.  
(You can use buffalo canned chicken also for a little kick) Eat on crescent rolls, croissant rolls, fresh wheat rolls, or dip it with crackers .

Great snack or meal on the go and very little calories or carbs depending on the bread choice.