

RECIPE

Ranch Chicken & Veggies



Ready in **10 minutes**

Serves **1 person**

322 calories

52g. Protein

8g. Carbs

11g. Fat

3g. Sugar

Ingredients

- 5 oz. Chicken Breast
- ½ Red Bell Pepper
- 1 Celery Stalk
- 1 Tbsp. Pumpkin Seeds
- ¼ C. Cottage Cheese
- ½ T. Hidden Valley Ranch Powder Mix

Preparation

1. **Warm small skillet, add cubed chicken breast and cook until browned.**
2. Dice bell pepper and add to skillet for just a couple minutes.
3. **Puree cottage cheese with a hand mixer until smooth. Add ranch powder mix and combine well.**
4. **Wash and trim celery.**
5. **Place chicken and veggies in a dish with cottage cheese mix and top with pumpkin seeds.**

Tips

Add any seasonings to the chicken while cooking. I just use salt and pepper. This meal is high in protein and moderate in fat. It's perfect for a quick lunch or even bedtime snack. If you want to add some carbs, try mixing the chicken with the cottage cheese mix and wrap in a gyro or tortilla.

♥Fitbrit