

BUFFALO WINGS



50 STATES 50 PLATES

featuring

★ FRANKLIN BECKER ★

Paid spokesperson for Novo Nordisk.

INGREDIENTS

- ★ 2 pounds large chicken wings, 16 wings, flats, and drumettes, separated
- ★ 2 tablespoons garlic powder
- ★ 2 tablespoons sweet paprika
- ★ ¾ teaspoon cayenne
- ★ 1 teaspoon ground black pepper
- ★ Avocado oil cooking spray

For the sauce:

- ★ ¼ cup cayenne pepper sauce
- ★ ½ tablespoon fresh lemon juice
- ★ ½ tablespoon honey
- ★ 1 tablespoon reserved chicken fat

For the blue cheese yogurt dip:

- ★ ½ cup Greek yogurt, low-fat
- ★ 1 scallion, finely chopped (reserve some greens for garnish), ¼ cup
- ★ 2 dashes of Worcestershire sauce
- ★ 3 tablespoons (1 ounce) good quality blue cheese, crumbled
- ★ Ground black pepper, to taste

Serve with:

- ★ Blue cheese yogurt dip, 1 cup
- ★ Celery and carrot sticks, 1 large carrot, 1 large stalk celery

DIRECTIONS

Make blue cheese yogurt dip first so flavors have a chance to meld while you make the buffalo wings.

In a medium bowl, make the dipping sauce by mixing the Greek yogurt, scallion, Worcestershire sauce, blue cheese, and salt and pepper. Cover and refrigerate until ready to serve.

Preheat the oven to 375 degrees F.

Grease a large baking sheet generously with avocado oil spray. In a large bowl, combine the garlic powder, sweet paprika, cayenne, salt, and pepper. Add the chicken wings and toss to coat in the spice mixture. Spread out the wings on the prepared baking sheet and roast for 45 to 50 minutes. Flip wings over halfway through cooking, being careful not to tear the skin.

Heat up a grill pan over medium-high heat, once hot, spray with avocado oil. Transfer wings (do not discard the chicken fat on the pan, needed for the buffalo sauce) to grill in a single layer. Cook until wings have grill marks on both sides, flipping halfway through, about 4 minutes total.

While the wings are grilling, combine the cayenne pepper sauce, lemon juice, honey, and reserved chicken fat in a small saucepan. Place over low heat.

Transfer wings to a large bowl and pour the hot buffalo sauce over the wings, toss to coat. Divide wings among plates and drizzle with any remaining sauce. Serve immediately with blue cheese yogurt dip, carrot, and celery sticks.

Serving Size and Nutritional Information:

Serves 4 (Serving Size 4 Wings = 146 g)

220 Calories Per Serving, 8 g Total Fat, 9 g Total Carbohydrates, 26 g Protein

Serves 1 (Serving Size 1 Cup Dip + Carrots + Celery = 284 g)

180 Calories Per Serving, 7 g Total Fat, 15 g Total Carbohydrates, 16 g Protein

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.

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