

CHICKEN WINGS

Prepared in 20 minutes or less plus marinate overnight.



4 lbs chicken wings approximately 24–30

For the Marinade:

- 1 cup apple cider
- 2 Tbs white wine vinegar
- 2 Tbs olive oil
- 2 Tbs Worcestershire
- 2 Tbs hot chili powder
- 1½ tsp red pepper flakes
- 2 tsp Tabasco
- ½ tsp salt
- Ground pepper to taste

For the Blue Cheese Dipping Sauce:

- 1½ cup crumbled Gorgonzola or blue cheese
 - ⅔ cup light sour cream
 - ½ cup light mayonnaise
 - 2 Tbs milk
 - 2 cloves garlic, peeled and finely minced
 - Salt and fresh pepper to taste
- Combine marinade ingredients together and mix very well in a large bowl. In an extra large Ziploc baggy, place chicken wings and add marinade over top.

Be sure to coat all chicken wings and marinate in refrigerator for 4 hours or overnight before grilling.

In a small bowl, mix blue cheese with other dipping sauce ingredients and keep refrigerated until wings are grilled and ready to serve. Serves 4.

