

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.