Buffalo Chicken Wings

Ingredients:

10 chicken wings, separated
Oil for frying
Celery sticks for serving
Ranch or Bleu Cheese dressing for dipping

Sauce:

1 cup cayenne pepper sauce
⅓ cup vegetable oil
1 teaspoon granulated sugar
½ teaspoon cayenne pepper
½ teaspoon garlic powder
½ teaspoon Worcestershire sauce

Heat oil to 350 degrees. Prepare sauce by combining all ingredients in a blender. Then pour in a saucepan and simmer for 20-30 minutes. While sauce is simmering, fry wings for 10-12 minutes, or until light brown. Remove wings and drain on a rack or paper towels briefly. Place in a plastic container with a sealable lid. Add ¼ - ⅓ cup of your sauce to the container. Close lid and shake well to coat wings. Pour wings onto a plate and serve with dressing of your choice and celery sticks.

Yields: 20, 1 wing servings

Each serving is approximately 88 calories

Joseph Lamb

Harrison County

Junior - Protein