



BUFFALO CHICKEN WINGS

Ingredients:

1 c. ketchup
 $\frac{1}{4}$ to $\frac{1}{2}$ c. hot sauce (Cholulu, Tabasco, etc.)
2 tbsp. sugar
1 tsp. lemon juice
1 lb. Buffalo chicken wings
 $\frac{1}{4}$ c. flour (for dredging)
1-2 tbsp. paprika
1-2 tbsp. garlic powder
Salt & pepper to taste
Vegetable or canola oil for frying (approx. 8 c.)
Green onions, chopped (optional)
Bleu cheese dressing (recipe follows)

Directions:

1. Mix together ketchup, hot sauce, sugar & lemon juice. Set aside.
2. Mix together flour, paprika, garlic powder, salt & pepper.
3. Heat fryer to 350° or heat oil in pot on stovetop using fryer thermometer. Coat wings with flour mixture and fry until browned and crispy. (Or bake in 400° oven for 20 to 30 minutes*)
4. Toss cooked wings in sauce. Top with green onions & serve with bleu cheese dressing.

**will not be as crispy*

Bleu Cheese Dressing

Mix together 1 c. mayonnaise, $\frac{1}{4}$ c. sour cream (or plain yogurt), and $\frac{1}{4}$ c. bleu cheese, crumbled. Add salt & pepper to taste.

