



BBQ Buffalo Wings



1/6th of recipe (3 pieces): 214 calories, 13g total fat (3.5g sat. fat), 493mg sodium, 4g carbs, 0g fiber, 3g sugars, 18.5g protein

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Prep: 10 minutes **Cook:** 15 minutes



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Ingredients

- 1/4 cup fat-free plain yogurt
- 3 tbsp. Frank's RedHot Original Cayenne Pepper Sauce
- 9 chicken wings, tips removed, drumettes and flats separated (see HG Tips below)
- 1/4 cup BBQ sauce with 45 calories or less per 2-tbsp. serving
- 1 tsp. crushed garlic

Directions

In a large sealable container or bag, thoroughly mix yogurt with 1 tbsp. Frank's RedHot. Add chicken wings, and stir to coat. Cover and refrigerate for 1 hour.

Meanwhile, in a small bowl, combine BBQ sauce with remaining 2 tbsp. Frank's RedHot. Add garlic, and mix well. Transfer half of the sauce to a large bowl, and reserve for tossing the cooked wings.

Bring a grill sprayed with nonstick spray to medium heat. Grill wings for 5 minutes with the grill cover down.

Brush the tops of the wings with half of the sauce in the small bowl. Flip wings, and brush the other sides with remaining sauce from that bowl. With the grill cover down, cook 5 - 7 minutes, or until chicken is cooked through and slightly blackened.

Place wings in the large bowl with the remaining sauce, and toss to coat.

MAKES 6 SERVINGS

HG Tips: To remove the tips, pull them apart from the flats, making a "V" shape; then cut directly into the center of the "V." To separate the wings, pull them apart so the tendon separates, and cut parallel to the drumette right at the tendon. When in doubt, ask the butcher to separate them for you!

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