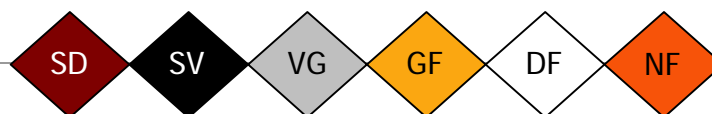


Healthy Swaps Buffalo Wings

(*see dietary notes)

Recipe by: Chef Kelly Yorke



Buffalo Wings are a popular finger food served at many a super bowl party and neighborhood pub. Eating more than a few is hard to resist until you become aware of how high in calories, fat, cholesterol and sodium they can be. This recipe however, was developed to lower the calories, fat, cholesterol, sodium and to add some beneficial fiber to this very popular game-time nibble.

Ingredients:

12 each	Chicken wings, skinless
1/4 cup	Buttermilk
1/4 cup	Low Fat mayonnaise
1 tsp.	Poultry Seasoning
2/3 cup	Quinoa, red variety
1 tsp.	Garlic Powder
1 tsp.	Onion Powder
3/8 cup	Hot Sauce such as Frank's Brand, or Buffalo Wing Sauce

Directions:

1. Preheat the oven to 425° F. Line a baking sheet or cookie sheet with non-stick foil.
2. Cut off end section (tips) of the wings and discard or save for making stock. Remove skin and separate each wing into two separate pieces by cutting through the joint in the center.
3. In a bowl, whisk together the buttermilk, mayonnaise and poultry seasonings until well combined.
4. Place quinoa in a food processor or blender and process until grains are somewhat powdery. Pour mixture into a shallow bowl.
5. Add the chicken wings to the wet mixture and toss until wings are evenly coated. Then dredge and press each chicken wing pieces in the quinoa until coated on all sides.
6. Spread wings one layer thick out on baking sheet. Place sheet on the middle rack of the oven and bake for 20 minutes. Turn the wings over and cook another 20 minutes or until meat is cooked through and the coating is crisped.
7. Meanwhile, stir the garlic and onion powders and the hot sauce together in a bowl that is large enough to hold all the chicken wings comfortably. Remove wings from the oven and place them in the bowl. Toss the wings in the bowl to coat them evenly with the hot sauce.
8. Serve warm or cold with blue cheese dressing dip and celery sticks.

YIELD: 4 Servings (six wings each)

*Dietary Notes:

- To make Vegan (SV), replace chicken wings with 24 two-ounce chunks or strips of seitan. Replace buttermilk with 1/4 cup soy, rice, almond or coconut milk and 1 tablespoon vinegar. Replace mayonnaise with 1/4 cup Veganaise.
- To make Dairy-free (DF), replace buttermilk with 1/4 cup soy, rice, almond or coconut milk and 1 tablespoon vinegar.
- To make Vegetarian (VG), replace chicken wings with 24 two-ounce chunks or strips of seitan.
- To make gluten-free (GF), check labels to ensure your using a hot sauce that is gluten-free.

Per Healthy Swaps Serving: 256 Calories, 6g Fat, 26g Carbohydrates, 24g Protein, 4g Dietary Fiber, 50mg Cholesterol, 503mg Sodium

Per Original Recipe Serving: 481 Calories, 41g Fat, 1g Carbohydrates, 27g Protein, 0g Dietary Fiber, 160 mg Cholesterol, 718 mg Sodium