

Grilled Buffalo Chicken Wings

American

A lighter grilled buffalo wing recipe using a much smaller amount of butter while keeping the classic Frank's RedHot flavor.

Ingredients:

Chicken Wings:

* 3 lb Chicken wings (split wing pieces...)

Buffalo Sauce:

* 1 cup Frank's RedHot Sauce

* 2 tbsp Butter - Unsalted (reduced from trad...)

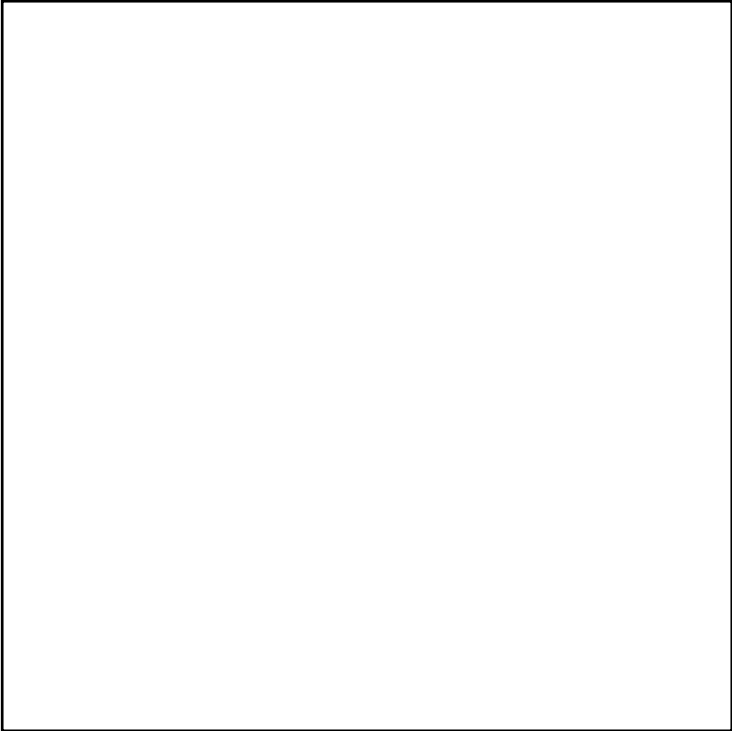
* 1/2 tsp Garlic powder (optional flavor b...)

Optional Greek Yogurt Ranch:

* 1/2 cup Plain nonfat Greek yogurt

* 1 tsp Ranch seasoning (adjust to taste)

* 1 tbsp Milk or water (to thin, if needed)



Instructions:

1. Preheat grill to 325°F. Pat wings dry and season lightly with salt, pepper, and optional garlic powder.
2. Cook wings for 30 minutes, turning every 8 minutes.
3. Increase heat to 400°F and cook for 15 minutes, turning every 4 minutes, until the skin is crisp and the chicken is cooked through.
4. Melt butter and whisk with Frank's RedHot sauce.
5. Toss cooked wings with buffalo sauce just before serving.
6. Optional: mix Greek yogurt, ranch seasoning, and a splash of milk or water for a lighter ranch-style dip.

Servings: 4 | Serving size: 8 wing pieces | Calories: 500 | Protein: 42g