

# Buffalo Wings with Blue Cheese Dip



## snacks

Was **POINTS®** Value: 12

Now **POINTS®** Value: 4

Servings: 4

Preparation Time: 12 min

Cooking Time: 20 min

Level of Difficulty: Easy

Don't succumb to traditional, artery-clogging wings. Simply bake them in a tangy rub and then dip them in lightened-up dressing.

## Ingredients

- 1 spray(s) olive oil cooking spray, or enough to coat sheet
- 12 oz uncooked skinless chicken wing(s)
- 1 1/4 oz Old El Paso Taco Seasoning Mix, or similar product
- 1/2 cup(s) fat-free sour cream
- 2 tbsp blue cheese, or gorgonzola, crumbled
- 2 tbsp fat-free skim milk
- 4 medium stalk(s) celery, cut into 2-inch pieces

## Instructions

Preheat oven to 400°F. Coat a large baking sheet with cooking spray.

Place chicken wings in a zip-close plastic bag, add taco seasoning, seal bag and shake to coat. Transfer wings to prepared baking sheet and bake until cooked through, about 18 to 20 minutes.

Meanwhile, to prepare dip, whisk together sour cream, cheese and milk.

Serve wings with dip and celery on the side. Yields about 3 wings, 3 tablespoons of dip and 1 celery stalk per serving.

## Chef Tips

**We renovated Buffalo Wings with Blue Cheese Dip by:**

Baking the wings instead of deep frying them in oil.

Using fat-free sour cream and nonfat milk in the dip.

Using Blue or Gorgonzola cheese – packed with flavor, a little goes a long way.

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