



Homestyle Boneless Wings with Avocado Ranch Dipping Sauce

Homestyle breaded boneless chicken wings served with a cool Mexican-inspired ranch dipping sauce with avocado, fresh cilantro and citrus juices.

Servings: 10 boneless wing boats and 10 dipping sauce cups (1 of each per serving)

Ingredients	Amount
Tyson® Homestyle Boneless Wings #70362-928	60 ea.
Avocado Ranch Dipping Sauce Cups (see recipe)	10 ea.

DIRECTIONS:

1. Arrange the frozen homestyle boneless wings on a sheet pan lined with baking paper. Heat the uncovered pan of boneless wings in a preheated 350°F convection oven for 10-12 minutes, or until the minimum internal temperature reaches 135°F. Hold uncovered in a hot holding unit until ready to serve.
2. To serve the boneless wings and dipping sauce arrange 6-each of the boneless chicken wings in a disposable serving boat. Hold the boats loosely covered on a sheet pan, in a hot holding unit, until ready to serve. Serve with 1-each of the Avocado Ranch dipping sauce cups. One homestyle boneless chicken wing boat and one Avocado Ranch dipping sauce cup per serving.

TYSON® PRODUCTS USED:

#70362-928, Whole Grain Breaded Golden Crispy Made with Whole Muscle Boneless Wing, 0.79 oz.

Avocado Ranch Dipping Sauce Cups

Boneless Wings with Avocado Ranch Dipping Sauce

Yield: 10 each (approx. 2½-tablespoons per cup)

Ingredients	Amount
Ranch Dressing, light, commercially prepared	? C
Guacamole, commercially prepared	½ C

Orange Juice	2¾ Tbsp.
Salsa, mild, commercially prepared	4 tsp
Lime Juice, bottled	1? tsp
Taco Seasoning, low-sodium, commercially prepared	? tsp
Black Pepper, ground	? tsp
Garlic Powder	? tsp
Cumin, ground	pinch
Cilantro, fresh, washed, destemmed	3 Tbsp.

DIRECTIONS:

1. Combine all the ingredients EXCEPT the cilantro in a food processor and process until the sauce is smooth and pureed. Add the cilantro to the food processor and quickly process until the cilantro is roughly chopped. Portion 2½-tablespoons each of the prepared ranch dipping sauce into 2-ounce portion cups, place lids on each portion cup, and hold under refrigeration until ready to serve.

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CN Portion	5 pieces
M/MA (oz)	2.00
Grain (oz)	1.00
Vegetable (oz)	0.00
Calories	200
Total Fat (g)	9.00
Saturated Fat (g)	2.00
Sodium (mg)	330
Carbs (g)	13
Protein (g)	18

