



Rich-Fil-Eh! Boneless Wings with Tzatziki Sauce

With Rich Chicks Whole Grain Breaded Dill Seasoned Truly Whole Muscle Boneless Chicken Wing

Serving Size: 6 oz

Yield: 128 Servings

Contribution: 2oz Meat/Meat Alternate, 1oz Grain

Smart Snack: Not currently Smart Snack Compliant

RC Product Code: 23417

Ingredients	Amount	Preparation Instructions
Rich Chicks Rich-Fil-Eh! Whole Grain Dill Seasoned Truly Whole Muscle Boneless Wings	35 lbs	1. Place Boneless Wings in single layer on large sheet pan, heat in 350 degree convection oven for 10-12 minutes or until boneless wings reach an internal temperature of 165 degrees
Tzatziki Sauce (See Recipe Below)	1 Gal	2. Place 4 Boneless Wings in food tray w/ 4 Tbsp tzatziki sauce and serve.
Tzatziki Sauce—Ingredients	Amount	Yield 1 Gallon
Cucumbers	4.5 lbs	1. Grate the cucumber and lightly squeeze to remove extra moisture. Place dry cucumber in mixing bowl.
Plain Greek Yogurt 32 oz container	3 containers	2. Add yogurt, dill, lemon juice, garlic an sea salt. Mix thoroughly.
Fresh Dill Chopped	1 Cup	3. Refrigerate overnight.
Lemon Juice	1/2 Cup	
Minced Garlic	7 Cloves	
Fine Sea Salt	1 Tbsp	

Nutritional Information for 6oz Serving

6oz / 4 Boneless Wings and 4 TBSP Tzatziki Sauce			
Portion	6oz / 4 Boneless Wings and 4 TBSP Tzatziki Sauce	Cholesterol (mg)	56.3
Calories	244	Sodium (mg)	557
Total Fat (g)	8.1	Total Carbohydrates (g)	18
Saturated Fat (g)	1.5	Dietary Fiber (g)	>1
Trans Fat (g)	0	Protein (g)	25
Sugar (g)	2.7		

It is recommended that any recipe be put through your own nutrition assessment before making the determination as to whether or not it fits into your school's menu plan.