



RC Product Code: 23417

Boneless Wings with Tzatziki Sauce

with Rich-Fil-Yay! Dill Seasoned Whole Grain Breaded Boneless Chicken Wing, Fully Cooked

www.richchicks.com

Serving Size: 6oz / 4 Boneless Wings and Tzatziki Sauce
Yield: 128 servings
Contribution: 2oz Meat/Meat Alternate, 1oz Grain



Artisan



Dill Seasoned

Nutritional Information for 6oz serving

Portion	4 Boneless Wings & 4tbspTzatziki Sauce	Cholesterol (mg)	56
Calories	244	Sodium (mg)	557
Total Fat (g)	8	Total Carbohydrates (g)	18
Saturated Fat (g)	1.5	Sugar (g)	>1
Trans Fat (g)	0	Protein (g)	25
Sugar (g)	2.7		

Ingredients

Amount

Instructions

Rich-Fil-Yay! Dill Seasoned Whole Grain Breaded Boneless Chicken Wing/Breast Chunk

35lbs

Place boneless wings / chunks on sheet pan. Heat at 350° F in a convection oven for 10-12 minutes or until product reaches an internal temperature of 165° F.

Tzatziki Sauce (see recipe below)

1gal

Place 4 Boneless Wings in food tray w/ 4tbsp Tzatziki sauce and serve.

Tzatziki Sauce

Amount

Yield 1 gallon

Cucumbers

4.5lbs

Grate the cucumber and lightly squeeze to remove extra moisture. Place dry cucumber in mixing bowl.

Plain Greek Yogurt 32oz Container

3 containers

Add yogurt, dill, lemon juice, garlic and sea salt. Mix thoroughly.

Fresh Dill Chopped

1cup

Refrigerate overnight.

Lemon Juice

1/2cup

Minced Garlic

7 cloves

Fine Sea Salt

1tbsp

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.

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