



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



Artisan



Dill Seasoned

Nutritional Information for 6 oz serving

Portion	4 Boneless Wings & 4 tbsp Tzatziki 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

35 lbs

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)

1 gal

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

Tzatziki Sauce

Amount

Yield 1 gallon

Cucumbers

4.5 lbs

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

1 cup

Refrigerate overnight.

Lemon Juice

1/2 cup

Minced Garlic

7 cloves

Fine Sea Salt

1 tbsp

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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