Rich Chicks
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Boneless Wings with Tzatziki Sauce

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

RC Product Code: 23417

Smart Snack Dill Seasoned Artisan

Serving Size:	6 oz / 4 boneless wings and tzatziki sauce
Yield:	128 servings
Contribution:	2 oz meat/meat alternate, 1 oz grain
Smart Snack:	smart snack compliant

Nutritional Information for 6 oz serving

Portion	4 Boneless Wings & 4 tbspTzatziki Sauce	**Cholesterol (mg)**	56
		Sodium (mg)	382
Calories	241	**Total Carbohydrates (g)**	18
Total Fat (g)	6.8	**Sugar (g)**	1.7
Saturated Fat (g)	1.2	**Protein (g)**	24
Trans Fat (g)	0		

Ingredients	Amount	Instructions
Rich-Fil-Yay! Dill Seasoned Whole Grain Breaded Boneless Chicken Wing/Breast Chunk	35 lbs	**Recommended Heating Instructions:** (Do not thaw. Prepare from frozen.) Place frozen product in single layer on sheet pan. **For Best Results:** Do NOT use parchment paper. Appliances may vary. Targeted temperature is **165°F** **Convection Oven –100% Fan Speed:** Bake at 375°F for 11-13 minutes **Combi Oven – Convection Mode – 100% Fan Speed with 100% Steam:** Bake at 375°F for 11-13 minutes **Conventional Oven:** Bake at 375°F for 13-15 minutes **Suggested Holding Times:** Hold at 150°F for 1.5-2 hours.
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	

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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.