



SPICY CHICKEN WINGS

Marinade:

- 1 CUP Achiote Paste (can be found in Asian markets)
- 4 Garlic Cloves
- 1 TBSP Chili Flakes
- 1 TSP Spice of Life
- ½ CUP Orange Juice
- 30 Chicken Wings

Citrus Sour Cream:

- 1½ CUPS Plain Greek Yogurt, low-fat
- 1 TBSP Orange Zest
- 1 TBSP Lime Zest
- 1 TBSP Lemon Zest
- ¼ TSP Cumin
- ½ TSP Ground Black Pepper
- 1½ TSP Salt



prep time

8 hours 30 minutes



makes

30 wings

Cooking Steps:

1. For Marinade: Combine paste, garlic, Spice of Life and chili flakes in food processor and puree. Slowly add orange juice and mix well. Marinate chicken wings at least 8 hours or overnight.
2. For Dipping Sauce: In bowl, combine all ingredients for citrus sour cream and keep refrigerated.
3. For Wings: Preheat oven to 400°F. Drain off excess marinade from wings.
4. Roast wings 20 minutes and serve with citrus sour cream.