



## Easy Grilled Chicken Wings with Blue Cheese Dipping Sauce

**Prep: 20 minutes**

**Grill: 35 minutes • Serves: 8**

- 3 pounds chicken wings
- 3 tablespoons McCormick® Grill Mates® 25% less sodium chicken seasoning
- Vegetable oil
- ½ cup mayonnaise
- ¼ cup crumbled blue cheese
- ¼ cup sour cream
- 1 tablespoon fresh lemon juice

**1.** Preheat gas or charcoal grill on high heat (375°) for 15 minutes. Use kitchen scissors to snip off the tips of the wings and discard. Use a sharp knife to split the chicken wings at the joint into 2 pieces, the middle section and the drumette. In large bowl, toss chicken wings with seasoning.

**2.** Reduce grill heat to medium-high (350°). Apply oil to clean kitchen towel; use tongs to coat hot grill rack with oil. Place chicken wings on grill. Cook chicken wings, uncovered, 15 minutes, turning once halfway through cooking.

**3.** Reduce grill heat to low (250°). Turn off 1 of the burners on a 2-burner grill (turn off the 2 outside burners on a 3-burner grill). Move chicken wings over unlit part of grill (or to cooler, outside part of a charcoal grill). Cook chicken wings, covered, 20 minutes longer or until cooked through.

**4.** In small bowl, stir mayonnaise, blue cheese, sour cream and lemon juice. Cover with plastic wrap and refrigerate until ready to serve.

**5.** Serve chicken wings with blue cheese sauce or your favorite barbeque sauce for dipping.

*Approximate nutritional values per serving:*

*352 Calories, 28g Fat (7g Saturated), 124mg Cholesterol, 1228mg Sodium, 3g Carbohydrates, 0g Fiber, 21g Protein*

### Chef Tips

*Add a few drops of hot sauce to the blue cheese dipping sauce for a little spice.*

*Carrot and celery sticks are the perfect accompaniment to these tasty wings.*