



## Grilled Tex-Mex Wings with Jalapeño-Ranch Dip

**Prep: 20 minutes**

**Grill: 20 minutes Serves: 6**

- 3 pounds chicken wings
- 2 teaspoons ancho chile powder
- 2 teaspoons dried Mexican oregano
- 2 teaspoons PICS garlic powder
- 2 teaspoons ground coriander
- 1 teaspoon fresh ground black pepper
- 1 teaspoon ground cumin
- ½ teaspoon kosher salt
- ¼ teaspoon ground red pepper
- ½ cup PICS buttermilk ranch dressing
- ½ cup PICS sour cream
- ¼ cup finely chopped jalapeño peppers
- 2 tablespoons fresh lime juice
- 1½ tablespoons chopped fresh cilantro
- PICS nonstick cooking spray

**1.** With kitchen scissors, cut off wing tips; discard. With sharp knife, split wings at the joint into the middle section and drumette. In large bowl, whisk chile powder, oregano, garlic powder, coriander, black pepper, cumin, salt and red pepper; add wings and toss. Cover with plastic wrap; refrigerate at least 2 hours or up to 1 day.

**2.** In small bowl, stir dressing, sour cream, jalapeños, lime juice and cilantro; cover and refrigerate until ready to serve. Makes about 1⅓ cups.

**3.** Prepare outdoor grill for direct grilling over medium-low heat. Spray wings with cooking spray; place on hot grill rack. Cover and cook 20 minutes or until lightly charred and internal temperature reaches 165°, turning once. Serve wings with Jalapeño-Ranch Dip.

*Approximate nutritional values per serving:*

*404 Calories, 31g Fat (9g Saturated), 168mg Cholesterol,  
491mg Sodium, 5g Carbohydrates, 1g Fiber, 26g Protein*