

Grilled Buffalo Style Wings

By [Chef Glenn Lyman](#), BJ's Wholesale Club Cooking Club Ambassador



6 servings

Ingredients:

- 24 chicken wings pieces (flats and drums)
- Kosher salt and pepper to taste
- 2 tsp. granulated garlic
- 1 tsp. crushed red pepper flakes
- ½ cup Frank's RedHot® Buffalo Sauce
- 1/3 cup unsalted butter
- ¼ cup Kikkoman Kikkoman Naturally Brewed Less Sodium Soy Sauce
- 2 tbl. Wellsley Farms Pure Honey
- ¼ cup green onion, chopped (optional)

Directions:

- Preheat grill to medium. Season the wings with salt and pepper, garlic and red pepper flakes. Grill covered, if using gas grill, turning occasionally, until cooked through, 20-25 minutes.
- Meanwhile, in a saucepan, melt butter. Add hot sauce, soy sauce and honey, stirring well to combine. Gently bring to a simmer. Set aside keeping warm.
- When wings are cooked through, toss with warm sauce mixture and green onions. Serve with French Onion Blue Cheese dip and fresh, crisp veggies.

French Onion Blue Cheese Dip

Makes about 2 cups

Ingredients:

- 2 tbl. butter
- 1 large sweet onion, finely chopped
- 2 tsp. Worcestershire sauce
- ½ cup mayonnaise
- ½ cup sour cream
- ¼ cup Wellsley Farms Whole Milk
- ½ cup Wellsley Farms Blue Cheese Crumbles
- Kosher salt and pepper to taste

Directions:

- In a skillet, melt butter over medium-low heat. Add onion, salt and pepper to taste. Cook, stirring occasionally until onion is soft and beginning to caramelize, about 20-30 minutes.
- Add Worcestershire sauce and stir well. Remove from heat and cool to room temperature.
- To a bowl, add the mayonnaise, milk, sour cream and mix well. Stir in cooled onions and blue cheese. Serve chilled.