

Buffalo-Style Chicken Wings

- 1 (8-ounce) container sour cream
- 4 ounces blue cheese, crumbled
- ½ cup chopped parsley
- ½ cup mayonnaise
- 1 tablespoon milk
- 1 tablespoon lemon juice
- Salt to taste
- 6 tablespoons butter
- 2 tablespoons hot-pepper sauce
- 3 pounds chicken wings (about 18)
- 4 medium-sized celery ribs, cut into 4-inch sticks
- 2 carrots, peeled and cut into 4-inch sticks

In a medium-size bowl, mix sour cream, blue cheese, parsley, mayonnaise, milk, lemon juice and salt. Cover and refrigerate.

In a small saucepan over low heat, heat the butter and hot-pepper sauce, stirring occasionally, until butter melts.

Discard wing tips. In broiling pan, arrange chicken wings. Lightly sprinkle with salt and brush with some of the hot-pepper mixture. Broil 10 to 15 minutes, until wings are golden and tender.

To serve, arrange chicken wings and celery sticks on platter. Pass blue-cheese sauce as dip for wings, celery and carrot sticks. Makes 6 servings.

Nutritional analysis per serving: 569 calories, 49 grams fat, 21 grams saturated fat, 140 milligrams cholesterol, 656 milligrams sodium.

Here's a simpler version.