

CRISPY CHICKEN WINGS

By Dr. Cindy Tanzar

Chicken wings are a favorite for many and probably one of the top requests for a recipe. It is a family favorite of ours, too. Most wing recipes contain varying sauces, which can contain a lot of sugars, but this recipe uses spices to flavor the wings as they “fry” in the oven.

They are wonderfully crispy, too!

Makes 6-8 servings.



INGREDIENTS

- 3-3.5 lbs. chicken wings
- 2 Tbsp baking powder
- 3/4 tsp. Pink Himalayan salt
- 1/2 tsp. black pepper
- 1 tsp. paprika
- 1 tsp. garlic powder



INSTRUCTIONS

1. Remove chicken wings from package and dry with paper towels. If they aren't already separated into drumettes and flats, then separate them at the joint and place into a large bowl.
2. Preheat oven to 425°F. Line a large baking sheet with foil and either place parchment paper on top of it or a well-greased wire cooling rack (will make it crispier). *
3. Combine the baking powder, salt, pepper, paprika and garlic powder in a small bowl. Sprinkle over the chicken wings, tossing as you go to evenly coat them.
4. Arrange the wings in a single layer on the rack. Bake for 30 minutes then turn them over and cook another 30 minutes. Wing sizes can vary, so if they don't look crisp or brown enough, bake in 5-minute increments until done.
5. Remove from the oven and let stand for 5 minutes. These are great to eat alone without sauce, but you can always use the Ranch Dressing, Honey Mustard Dressing or mix together 4 Tbsp of Kerry Gold butter and a 1/2 cup of Frank's Hot Sauce as a buffalo sauce.

*NOTE: Some chicken wings contain a solution or "broth" injected by the manufacturer, which can produce more liquid in your pan as the chicken roasts. If you have your wings on parchment paper, the wings can end up sitting in too much liquid and fail to crisp up. If this is the case, when you remove your pan to turn the wings, tilt the pan enough to drain the liquid to one corner and absorb the liquid with paper towels. Just be careful, as it's hot!