

BUFFALO WINGS



Makes: 9 servings (4 chicken wingettes and drumettes)

Nutrition Information:

Calories: 204, Carbs: 4 g,
Fiber: 0.6 g, Fat: 13.5 g,
Saturated Fat: 3.5 g,
Protein: 19 g, Sugar: 1 g,
Cholesterol: 56.5 mg,
Sodium: 812 mg

INGREDIENTS

36 chicken wingettes and drumettes, or 18 whole chicken wings
½ cup + 2 tablespoons hot sauce
¼ cup white vinegar
2 tablespoons oregano
4 teaspoons paprika
1 tablespoon garlic powder
1 tablespoon chili powder
kosher salt, and fresh pepper
2 celery stalks, sliced into strips
2 carrots, peeled and sliced into strips
low fat blue cheese dressing, optional for serving

PREPARATION

In a large bowl combine chicken, 2 tbsp hot sauce, vinegar, oregano, paprika, garlic powder, chili powder, ¼ teaspoon salt and black pepper, to taste.

Mix well and let marinate for 30 minutes.

Place wings on a broiler rack and broil on low, about 8 inches from the heating element (second rack from top) for about 10-12 minutes on each side. (All ovens are different, so be careful not to burn and make sure it is cooked and well browned before removing.)

While chicken cooks, heat the remaining hot sauce until warm.

Toss the hot sauce with the chicken and arrange on a platter.

Serve with celery and carrot strips and blue cheese dressing or dipping.



Want to make them in the air fryer?

Air fry in batches at 400°F for 22 minutes, shaking the basket halfway.