

Main Course

Buffalo Chicken Wings

**Gluten-Free*

Chicken wings are great paired with some carrots or celery. You can cook them inside or even try them on the grill!

You'll Need

- 1 package of chicken wings cleaned and separated
- 2 tablespoons of butter
- 1 cup of Red Hot
- 1 garlic clove
- Red pepper
- Garlic powder
- Salt
- Pepper



Directions if cooking inside:

- Preheat oven to 350°
- Place chicken on baking sheet and sprinkle with red pepper, garlic powder, salt, and pepper. Flip chicken and repeat.
- Place chicken in preheated oven for 30 minutes. After 30 minutes, flip chicken and place back in the oven for an additional 25 minutes.
- Once chicken is about done, turn broiler on low to crisp chicken for 5 - 10 minutes. Remove from oven.
- Put chicken in a serving bowl and pour hot sauce on top.

Directions if grilling:

- Preheat grill. Place chicken on grill turning every 5 - 10 minutes. Grill on low until chicken cooked through.

The Sauce:

- While chicken is cooking, melt butter in a pot and add minced garlic. Once garlic begins to cook, add red hot. Stir occasionally and keep on low while chicken cooks.

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- Top with some parsley.
- Use barbeque sauce instead.