

Your Name	Douglas Bryce
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Recipe Name	Keto Wings
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Category (select one)	Poultry
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List of Ingredients and Quantity

24 organic or pasture-raised chicken wings

1 Tbsp aluminum-free baking powder

½ tsp salt

¼ tsp pepper

¼ cup extra-virgin olive oil

½ cup tomato sauce

6 medium garlic cloves, minced

1 tsp Italian-style seasoning

1 tsp paprika

cayenne pepper

coleslaw, kimchi or sauerkraut (for side dish)

Instructions

Preheat oven to 400° F.

In a bowl, combine chicken and baking powder. Season with salt and pepper.

Place chicken wings on a roasting tray and bake 35–40 minutes, until chicken is browned.

Remove chicken and reduce oven temperature to 350° F.

In a separate, large bowl, combine the oil, tomato sauce, garlic, Italian seasoning, paprika, and cayenne (to taste).

Stir the browned chicken into the bowl of sauce, until the wings are well covered.

Return wings to roasting tray and bake for another 12 minutes.

Serve with a side of coleslaw, kimchi or sauerkraut.

Comments or Tips

Also good with celery sticks and bleu cheese dressing.