

Baked Garlic Wings

Forget BBQ – this will be their new favorite!

Ingredients

4 pounds fresh chicken wings
2 Tbls olive oil
2 ½ Tbls minced garlic
1 tsp garlic powder
1 tsp salt
½ tsp black pepper
¼ cup grated Parmesan cheese



Directions

1. Preheat the oven to 375 degrees moving rack to center position.
2. In large bowl, combine the chicken wings, olive oil, minced garlic, garlic powder salt, and pepper and toss all to coat.
3. Place the coated wings on a sheet pan and bake for 1 hour, or until skin becomes crispy.
4. Sprinkle baked wings with Parmesan cheese while still hot, shaking wings around pan to evenly coat all. Serve immediately.

Note: Line pan with foil for easy clean-up.

Makes 12 servings

Nutrition Facts:

Calories 320
Total Fat 14g
Total Carbohydrates .5g
Dietary Fiber 0g
Protein 45g

From The Good Carb Chef