



OVEN BAKED BBQ CHICKEN WINGS

February 11

Super Chicken Wing Day

INGREDIENTS

- 1 Cup All-Purpose Flour
- 1 Teaspoon Onion Powder
- 1 Teaspoon Sea Salt
- 1 Teaspoon Chili Powder
- 1 Teaspoon Black Pepper
- 1 Teaspoon Paprika
- 1 Teaspoon Garlic Powder
- 20 Chicken Wings, with bone, with skin (about 3.1 oz each)
- 1 Cup Barbecue Sauce
- ½ Cup Honey or Maple Syrup

DIRECTIONS

1. Preheat your oven to 425°F and line a baking sheet with parchment paper to prevent sticking.
2. In a small bowl, combine 1 cup flour with onion powder, sea salt, chili powder, black pepper, paprika, and garlic powder.
3. Toss the chicken wings in the flour mixture until each wing is well-coated. Shake off any excess flour and place the wings in a single layer on the prepared baking sheet.
4. Bake the wings in the preheated oven for 40 minutes, flipping them halfway through.
5. While the wings are baking, prepare the sauce by mixing 1 cup barbecue sauce with ½ cup honey (or maple syrup) in a medium-sized bowl. Stir until the sauce is smooth and well combined.
6. Once the wings are done baking, remove them from the oven and toss them in the honey barbecue sauce until fully coated. Line a clean baking sheet with fresh parchment paper and place the sauced wings back on in a single layer.
7. Return the wings to the oven for an additional 8-10 minutes. Remove the wings from the oven and let them rest for a couple of minutes before serving.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

20 Wings

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Wing	2 Wings	2 Wings	2 Wings