



OVEN-FRIED (OR AIR FRYER) CHICKEN WINGS

YIELD: 8 servings

PREP TIME: 10 minutes, plus at least 1 hour to chill and 20 minutes to rest

COOK TIME: 20 minutes or 50 minutes, depending on method

This recipe guarantees you crispy chicken wings! There's no flour in sight, but the coating is outstanding: crispy and flavorful. This is yet another recipe that never gives me leftovers—because my family devours these wings!

- 3 pounds chicken wings
- 1 tablespoon baking powder
- 2 teaspoons smoked paprika
- 1 teaspoon dried parsley
- 1 teaspoon onion powder
- 1 teaspoon fine sea salt
- 1 teaspoon freshly ground black pepper

1. Pat dry the wings and refrigerate, uncovered, for at least 1 hour or up to overnight to dry out the skin for extra crispness.
2. Allow the wings to sit out at room temperature for 20 to 30 minutes before cooking.
3. In a wide, shallow bowl, combine the baking powder, paprika, parsley, onion powder, salt, and pepper. Toss the wings in the mixture until well coated.

OVEN DIRECTIONS:

1. Preheat the oven to 425°F. Line a sheet pan with aluminum foil or parchment paper.
2. Arrange the coated wings on the prepared sheet pan and bake for 25 minutes. Turn the wings over and bake for 25 more minutes. If you prefer extra crispy wings, broil for 2 to 3 minutes. Serve hot.

AIR FRYER DIRECTIONS:

1. Set the air fryer to 400°F.
2. Arrange as many of the coated wings as you can standing upright around the edges of the air fryer basket. Then arrange the others standing upright against the ones on the edges until all of the wings are standing upright in the air fryer. (This arrangement helps to crisp the wings evenly, as 3 pounds of wings is a lot for an air fryer.) If you do not have a large air fryer, you will need to cook the wings in batches.
3. Set the air fryer to cook for 20 minutes. Check the wings for crispness. If you prefer them to be very crispy, cook for an additional 5 minutes. Serve hot.

In plastic bag mix 1 TBLS Baking Powder, 2 Tsp Paprika, ½-1Tsp Onion Powder, 1 Tsp Salt and Pepper



Dump chicken onto same parchment/foil lined pan used to chill chicken



After Step 1 & 2 – use tongs put chilled chicken into bag and massage spices into wings.



Separate wings skin side down – Bake 425 degrees for 25



Flip wings -rotate pan and Bake another 25 minutes



YUM! Better than any restaurant FRIED chicken wings!
Made Best Keto Homemade Ranch Dip – so fresh and delicious without all the preservatives!
(Omitted parsley and minced onions – didn't have any)