

Baked Buffalo Chicken Wings

½ cup whole wheat flour (helps make them crispier)

½ cup white flour (can use all whole wheat flour)

1 tsp. cayenne pepper

1 tsp. paprika

¼ tsp. salt

Cracked pepper to taste

Plus the dry ingredients in a bowl and whisk lightly and set aside.

2 lbs. chicken wings, cut at the joint to make 3 parts (we call them drumettes)



2 egg whites beaten

1 Tbsp. hot water

Prepare baking sheet with Silpat. Dip the chicken wings in the egg mixture and then place in the bowl with the flour. After you have several pieces in the bowl cover with a good saran wrap and shake the bowl. If you want a real crispy coating re-dip in the egg mixture and then again shake in the flour bowl a second time. Place the wings on the baking sheet and let them sit up to 90 min to get some of the flavour of the spices into them.

Place the baking sheet in the oven at 350 degrees F. for 10 min. While the chicken is baking prepare the sauce.

Hot Wing Sauce

2 Tbsp. melted butter

¼ cup Franks hot sauce

2-3 Tbsp. honey (will make it less hot)

Baste the wings on one side and cook for 20 min in the oven and then turn them over and baste again with the sauce and cook another 20 min.

Dip in homemade Ranch dressing or Blue cheese Dressing.

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