



ZEKE LIFE

Chicken Wings

What You Need:

- package(s) of chicken wings (estimate 3 – 5 wings per person)
- sauce – our favorites are medium buffalo, parmesan garlic and honey barbecue
- ranch or blue cheese dressing

Steps:

1. Cut chicken wings into 3 parts – drumette, wingette and tip. Throw away the tip.
2. Put parchment on a pan and add chicken to the pan.
3. Cook for 40 minutes and rotate every 10 minutes, until crispy.
4. When poppers finish cooking, you can turn up temperature to 400°
5. Remove from the oven and evenly divide into bowls based on the sauces you're using.
6. Coat chicken with sauce.
7. Add chicken back to the pan and add a little more sauce.
8. Cook for another 10 minutes.
9. Serve with ranch or blue cheese dressing.

Estimated Time:

50 – 60 minutes, so add this to the oven while poppers are cooking.

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