



Baked Bone in Chicken Wings



Ingredients



Adapted from *Red Rock Catering*

- 5 lbs. chicken wing segments
- 1/4 cup olive oil
- 1 Tbsp. salt
- 1 cup Franks red hot sauce
- Ranch seasoning packet
- Favorite BBQ sauce



Directions



Yield: 20-25 wings Serving size: 2-3 wings

Total cost:

Serving cost:

1. Pre-heat oven to 400°.
2. Combine wings, oil, salt and pepper and mix.
3. Place wings on a parchment lined sheet pan.
4. Bake for 30-40 minutes or until temperature reaches 165°.
5. Take out of the oven and put in a mixing bowl with your favorite seasonings or BBQ sauce.

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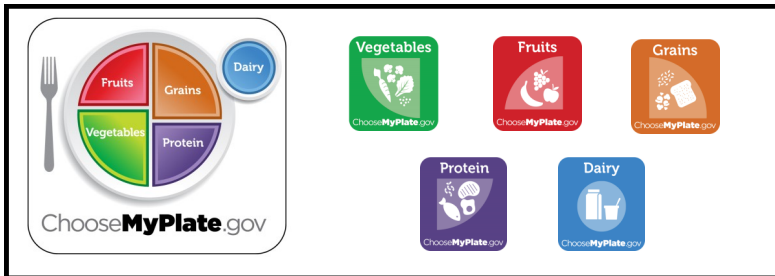
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