

Lemony Crispy Chicken Wings

Ingredients for wings and marinade

3-4 lbs. chicken wings thawed, flats and drums
½ cup extra virgin olive oil
Zest and juice from one lemon
¼ cup Frank's Hot Sauce
1 tblsp. fresh ground pepper
2 tsp. kosher salt
3 tsp. dried oregano

Preparation

In a large bowl whisk together olive oil, lemon zest and juice, hot sauce, pepper, salt and oregano. Add wings and coat evenly. Cover with plastic wrap and refrigerate for a few hours or overnight.

Preheat oven to 400°

Line 2 cookie sheets with foil, treat racks with non-stick spray or oil and place on sheets. Remove wings from marinade and arrange on racks. Bake wings for an hour, check wings every 15 minutes rotating and changing racks until browned and crisp.

Ingredients for wing dressing

½ cup shredded parmesan cheese
½ cup extra virgin olive oil
Zest and juice from one lemon
3 garlic cloves minced
½ cup chopped parsley
Salt and pepper

Preparation

Place wings on serving platter, scatter parmesan over hot wings. Whisk together olive oil lemon juice and zest, garlic, parsley, salt and pepper. Pour dressing over wings and serve.