



Mama P's Recipes

Organic Gourmet Seasonings



Mama's Easy Baked Chicken Wings

Made with Mama Patierno's Chicken & Poultry Spice Rub

If you're looking for a healthy (not fried), but quick and easy to make - yet incredibly flavorful Chicken Wings, try Mama's baked chicken recipe. See page 2 for images

Ingredients for a healthy completely organic meal:

- Buy Meaty Organic Chicken Wings
- Mama Patierno's Organic Chicken & Spice Rub
- Extra Virgin Organic Olive Oil
- Olive Oil Spray

How to Make:

- Preheat oven to 425°
- Dry the chicken wings with paper towels
- Coat the wings with extra virgin olive oil. Make sure you coat both sides well
- Add a generous amount of Mama's Organic Chicken & Poultry Rub to both sides of each wing and place on a parchment paper lined cooking pan or rack with the skin and meaty side facing up. If you like wings crispy mix 1 part baking powder for every 3 parts Mama P's Chicken Rub
- Place the dry rub coated chicken in the oven for 20 minutes
- Remove the wings from the oven and add another thin coat of olive oil (use



Olive Oil Spray for this step if you have handy) and return to the oven for 20 minutes.

- You can do the last step 5 minutes less if you do not like them crispy and a few minutes longer for extra crispy but be sure to keep an eye on it.
- Remove from oven and serve

Other Options:

- Add cilantro flakes before serving
- To kick it up a notch add a few shakes of fine crushed red pepper
- Serve with Ranch or Blue Cheese Dressing
- This fast, easy yet tasty approach also works great with chicken breasts and other meats.



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