

roasted chicken wings

SERVES 5-6

COOK TIME: 1 hour

4 lbs chicken wing drumettes and/or wingettes,
preferably pastured, free range

2½ Tbsp extra virgin olive oil

1 tsp melted butter or ghee,
preferably grass fed (optional)

1 tsp [Homemade Lawry's Seasoned Salt](#)

½ tsp black pepper



PREHEAT oven to 400°F.

WASH wings and thoroughly pat dry with paper towels.

PLACE wings in zip top bag or bowl.

DRIZZLE with olive oil and ghee/butter (ghee or butter are not essential but either one helps wings brown to a golden brown and adds yummy flavor).

TOSS until evenly coated.

PLACE wings, skin side up, on a baking sheet covered in parchment paper. Leave good space between each wing.

SPRINKLE each wing with a dusting of Lawry's Seasoned Salt (homemade or store bought) and a pinch of black pepper.

BAKE in preheated oven for 1 hour, rotating pan 180° after 30 minutes of cooking.

MAKE IT A MEAL: Serve with non-starchy vegetable and nutrient dense carbohydrate of choice.