



oven-baked crunchy chicken wings

Having trouble ditching those grease-laden, deep-fried chicken wings? Here's the magic recipe, Oven-Baked, Cornmeal-Crusted Chicken Wings that are baked to a grease-free golden crisp and dunked in a sweet apricot or tangy blue cheese dipping sauce.

SERVES: 4-6

ingredients

Crunchy Chicken Wings

- 3 lbs chicken wings, split, wing-tip removed
- 3/4 cup Greek yogurt, plain 1 large egg
- 3/4 cup yellow cornmeal
- 3/4 cup flour
- 1 tsp kosher salt
- 1 tsp chili powder
- 1 tsp ground cumin
- 1/4 tsp freshly ground black pepper

Sweet & Sour Dipping Sauce

- 1 cup apricot jam
- 1/4 cup cider vinegar
- 2 tbsp packed brown sugar
- 1 tsp Dijon mustard
- 1/4 tsp grated fresh ginger

Tangy Blue Cheese Dipping Sauce

- 1 cup crumbled blue cheese
- 1/2 cup buttermilk
- 1/2 cup sour cream
- 1/4 cup mayonnaise
- 1 tbsp white wine vinegar
- 1/2 tsp sugar
- 1/2 tsp kosher salt
- 1/4 tsp freshly ground black pepper

directions

1. Place wings in a glass 13x9-inch baking dish. In a medium bowl, whisk yogurt and egg. Pour over wings and marinate in refrigerator for at least 3 hours, up to 24 hours.
2. For the wings, preheat oven to 400°F. Line a baking sheet with aluminum foil and coat with non-stick cooking spray. In a large bowl, combine cornmeal, flour, salt, chili powder, cumin and pepper. Remove wings from marinade (discard used marinade) and working a few at a time, coat in cornmeal mixture. Place on prepared baking sheet.
3. Bake 40-45 minutes, turning once halfway through baking.
4. For the sweet dipping sauce, in a small saucepan, combine jam, vinegar, brown sugar, Dijon mustard and ginger. Heat over medium heat until sugar has dissolved and ingredients are combined. Cool before serving.
5. For the blue cheese dipping sauce, in a medium bowl, use a fork to mash together blue cheese and buttermilk until it looks like cottage cheese. Add sour cream, mayonnaise, vinegar, sugar, salt and pepper, stirring well to combine.



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