



Baked Seasoned Chicken w/ BBQ Sauce

Ready in 45 minutes, serves 6

Ingredients

- 1 pack of chicken wings
- 4 Tbsp olive oil
- 1½ Tbsp pepper
- 1 tsp sea salt
- 2 Tbsp of any seasoning or herbs

Materials

- Baking sheet
- Measuring utensils
- Aluminum foil (optional)
- Large bowl

Directions

1. Preheat the oven to 400°.
2. Rinse chicken under cool running water. Pat dry
3. Rub chicken with olive oil, season chicken with sea salt, pepper, and choice of seasoning or herb
4. Place seasoned chicken onto a baking sheet and bake for 15 minutes, then cover with aluminum foil (optional).
5. Remove baking sheet from oven, flip chicken, and continue baking for 15 additional minutes.
6. Check food temp with a thermometer. Temp should immediately read 165°, if not give the chicken a few more minutes to bake
7. Re-temp random wings to make sure temp read 165° or more
8. Remove chicken from baking sheet allow to cool
9. In the large bowl of barbecue sauce toss a few wings at a time to evenly coat until completely covered with sauce (**Barbecue sauce recipe on page 2**)



Homemade Barbecue Sauce

Ingredients

- 4½ cup Ketchup
- ½ cup mustard
- 1 cup brown sugar
- 1 teaspoon garlic powder
- 2 garlic cloves
- 1 tsp onion powder
- ⅓ cup onions

Materials

- Saucepan
- Cutting board
- Knife
- Wooden mixing spoon

Directions

1. On a clean cutting board finely dice onion and garlic
2. Over medium heat, pour all ingredients into saucepan ketchup, mustard, brown sugar, garlic powder, onion powder, garlic cloves, and onions
3. Stir sauce with a spoon and bring it to a simmer
4. Remove from heat and allow to cool before pouring over meat