

AMERICAN STEAK HOUSES FAMOUS

CHICKEN WINGS

SERVES 6 approx.

Chicken Wings

Recipe intended for 15-20 chicken wings, approx - 2lbs



Marinade

3 cups favorite Italian dressing or
(Healthy Substitution: Replace with 2 cups olive oil 1 cup of red wine vinegar.)
1 tsp sea salt, reduce salt to ½ tsp if using store bought dressing
2 tsp red crushed pepper flakes
2 tsp garlic powder
2 tsp dried oregano

Mix all marinade ingredients in a bowl. Rinse off chicken with cold water. Pat wings dry with paper towel. Reserve ½ of the marinade to side. Pour the reserved marinade over the chicken. Let all ingredients marinate for at least 2 hours or overnight in refrigerator.

Bake in oven 400 degrees for approx 40 minutes, in a Teflon or metal throwaway pan. Wings can be prepared in morning. One hour before serving, pour remainder of marinade on the chicken and bake in oven at 350 for and additional 20 minutes. This dressing will keep wings moist.

“ AN ORIGINAL CHICKEN WING RECIPE FAVORITE THAT IS SIMPLE AND EASY TO PREPARE. ”



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