

# Baked Buffalo Chicken Wings

**Prep: 10 minutes**

**Cook: 40 minutes**

## Ingredients

2 pounds chicken wings separated

1 tablespoon olive oil

1 teaspoon salt

½ teaspoon pepper

¾ cup hot sauce (Frank's hot sauce or Louisiana hot sauce)

¼ teaspoon Cayenne

1. Heat oven or toaster oven to 400 degrees
2. Toss prepared chicken wings in olive oil, salt, and pepper
3. Spray cookie sheet or pan with oil to prevent sticking
4. Spread wings in even layer on pan.
5. Bake wings at 400 degrees for 40-50 minutes, until crispy
6. While wings cooking heat 1 table spoon unsalted butter in small saucepan.
7. Whisk hot sauce, cayenne pepper until combined. Remove from heat and keep covered.
8. When wings fully baked toss immediately in buffalo sauce and serve with carrots and celery.  
Serve with homemade ranch dressing if desired.

\*You will not miss fried wings when prepared with this method.

\*Many different sauce combinations work well including honey teriyaki, parmesan garlic.