



Hot Wings

“Who knew? Hot wings are easy to make, very few ingredients, and using the grill you do not have to heat up the kitchen! This is a fantastic summertime recipe, sure to please all ages! You can either grill or bake this one, included are directions for both cooking methods, so you can simply choose the one you prefer.” Kelly May

Prep Time: 10 min.

Cook Time: 20 to 45 min.

Ready In: 30 to 55 min

Serving Size: 10 servings

Ingredients

- ✓ ½ cup Italian dressing
- ✓ 3 lbs chicken wings
- ✓ ¼ cup butter
- ✓ 1 teaspoon soy sauce
- ✓ ¼ cup hot pepper sauce

Directions

1. In a large zip-lock back at chicken wings and Italian Dressing. Close back and refrigerate 4 hours or overnight.
2. In a small pan melt butter and stir in soy sauce and hot sauce. Turn stove down and keep pan warm on low heat.

Grilling Directions (can grill or bake, pick one method)

3. Preheat a grill for medium heat. Meanwhile, in a small pan melt butter and stir in soy sauce and hot sauce. Turn stove down and keep pan warm on low heat.
4. Remove chicken wings from back and cook on the preheated grill, turning occasionally. Grill until chicken is well browned and no longer pink 20 to 30 minutes.

Baking Directions (can grill or bake, pick one method)

3. Preheat oven to 400 degrees F (205 degrees C).
4. Arrange wings on large cookie sheet bake for roughly 45 to 50 minutes, until wings are cooked through and the skin is crispy

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Directions:

5. Coat chicken in butter sauce mixture or put sauce in a small bowl and use for dipping.

Nutrition

Amount per serving

- ❖ Calories: 181
- ❖ Total Fat: 15 g
- ❖ Total Carbs: 2 g
- ❖ Protein: 10 g
- ❖ Cholesterol: 41 mg
- ❖ Sodium: 1154 mg