



Baked Chicken Wings with Lemon Aioli

Active Time: 30 minutes | Total Time: 30 minutes | Serves: 12

Nutrition Information Per Serving

338 calories, 0.8 g carbohydrate, 0.29 g fiber, 0.51 g NET carbs, 16.13 g protein, 30.7 g fat

Ingredients

- 12 Tbsp(s) Primal Kitchen Mayonnaise
- 2 Tbsp(s) organic lemon juice
- 3/4 tsp(s) organic cayenne pepper
- 2 tsp(s) organic lemon zest
- 1 Tbsp sweet organic paprika
- 1 tsp ground organic cumin
- 36 wing(s) organic chicken
- 2 1/2 Tbsp(s) organic red wine vinegar
- 3 tsp(s) garlic, minced
- 4 Tbsp(s) virgin coconut oil
- 1 tsp sea salt

Preparation

1. Preheat the oven to 425°.
2. In a large bowl, combine melted coconut oil with the paprika, cumin, cayenne and garlic. Stir in the vinegar and season with salt and pepper. Add the wings and toss.
3. Spread the wings on a large baking sheet in a single layer and roast for about 25 minutes, until cooked through.
4. Meanwhile, in a mini food processor or Magic Bullet, combine the mayonnaise with the lemon zest and juice to make the aioli; process until smooth. Season the aioli with salt and pepper.
5. Turn on the broiler and broil the chicken wings, turning once until they are lightly crisp, 2 to 3 minutes.
6. Transfer the wings to a platter and serve with the lemon aioli.

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