



Ingredients

12 chicken wings

1 tablespoon aluminum-free baking powder

1/8 teaspoon salt

Directions

Preheat oven to 250 degrees.

Place a baking rack on a baking sheet.

In a bowl, toss the wings with baking powder and salt.

Bake wings for 30 minutes then raise the temperature to 425 degrees. Continue to bake until brown and crispy, about 40-50 more minutes.

Toss wings in low-sodium hot sauce until covered to your liking. (Optional)

Serve wings with celery sticks, carrot sticks and some low-fat ranch or blue cheese dressing. (Optional)

Nutritional Information

Serves 6

162 calories

12.6 g fat

10 g protein

659 mg sodium

77 mg cholesterol

11.2 g carbohydrates