

GARLIC PARMESAN WINGS

INGREDIENTS

12 chicken wings	½ cup pecorino Romano, grated
1½ tablespoons olive oil	1 teaspoon sea salt
1 tablespoon garlic powder	1/2 teaspoon pepper
½ cup parmesan, grated	

PROCEDURE

Preheat oven to 350 F.

Line a baking sheet with parchment and set aside.

Mix spices and cheeses in a bowl.

Coat the wings in olive oil.

Dip wings in mixture.

Bake for 30 minutes.

Can use any cut of chicken such as a boneless chicken breast cut into strips, legs or whole breast.

If you don't have both cheeses can use a full cup of one.