

SUBSCRIBE TO OUR EMAIL LIST AND BE THE FIRST TO KNOW WHEN FRESH, DELICIOUS RECIPES ARE ADDED!

Italian Chicken Wings

Crispy, flavorful, and packed with **Italian herbs and spices**, these **Italian-style chicken wings** are the perfect mix of **savory and zesty**. Whether you're serving them as an **appetizer, game-day snack, or main dish**, these wings are sure to be a hit!

Ingredients *(Serves 2-4)*

- **8 whole chicken wings**, separated into wingettes and drumettes
- **1 tsp granulated onion**
- **1/2 tsp granulated garlic**
- **1 tsp dried oregano**
- **1/2 tsp dried thyme**
- **1 tsp dried basil**
- **1 tsp dried parsley**
- **1/2 tsp kosher or sea salt**
- **1/2 tsp ground black pepper**
- **1/3 cup grated fresh Parmesan cheese**
- **1 tbsp olive oil**

Instructions

1. **Preheat the oven to 400°F (200°C).**
2. **Pat the chicken wings dry** with a paper towel and place them in a **large bowl**.
3. Add **all the spices, Parmesan cheese, and olive oil** to the bowl.
4. **Mix thoroughly**, ensuring the wings are evenly coated.
5. Line a **sheet tray with aluminum foil** and spray with **non-stick cooking spray**.
6. Arrange the wings **skin side up** on the tray.
7. **Bake for 30–35 minutes**, or until the **internal temperature reaches 180°F (82°C)** and the skin is crispy.
8. **Optional:** Want some heat? **Add 3/4 tsp red pepper flakes** to the spice mix before coating the wings.

