



Maple Sriracha Baked Chicken Wings

Makes: 6-8 servings

Prep Time: 15 minutes Cook Time: 40 minutes

Total Time: 55 minutes

- 1 & 1/4 cups all-purpose flour
- 1 tsp brown sugar
- 1 tsp ground ginger
- 1 tsp paprika
- 1 tsp Kosher salt
- 1/2 tsp freshly ground black pepper
- 1/4 tsp cayenne pepper
- 2 eggs
- 2 tbsp water
- 3 pounds chicken wings, split, wing-tip removed
- 2 tbsp melted butter

Maple Sriracha Sauce:

- 1/4 cup butter
- 2 garlic cloves, minced
- 3/4 cup maple syrup
- 2 tbsp Sriracha sauce

Pre-heat the oven to 400°F. Line a baking sheet with aluminum foil and place a cooling rack on top of the baking sheet for the wings to cook on. Coat the cooling rack with nonstick cooking spray.

In a large bowl, combine flour, brown sugar, ground ginger, paprika, salt, black pepper and cayenne pepper.

In medium bowl, whisk together eggs and water.

Dredge chicken wings in flour mixture and shake off excess. Dip in egg mixture, letting the excess drip off before dropping back in the flour mixture for a final coat, making sure the chicken wings are coated all over.

In the final 10 minutes of the wings cooking, prepare the maple Sriracha sauce. In a small saucepan, melt butter over medium heat. Add minced garlic, cooking for 1 minute until softened. Stir in maple syrup and Sriracha sauce and bring to a boil. Reduce heat to low and simmer for 5 minutes or until sauce has thickened slightly. Remove sauce from heat.

Place cooked wings in a large bowl and toss with enough sauce to coat them well. Serve with extra sauce.

Recipe from Lick your Plate