



Laura's Recipe Corner

Great Recipes from Laura McKay!

Paleo Glazed Chicken Wings

Prep time: 40 mins; Cook time: 40 mins; Total time: 1 hour 20 mins

These oven baked Paleo Glazed Chicken Wings don't have any added sweetener and are Whole 30 & Autoimmune Paleo friendly!

Ingredients

- 6 lbs chicken wings
- 2 cups mango, cubed
- 6 cloves garlic
- Juice and zest of 2 limes (about ¼ cup fresh juice)
- ¼ cup + 2 tbsp coconut aminos
- ¼ cup coconut oil
- ¼ cup (or more) water
- 3 tbsp minced ginger
- 1 tbsp gluten free fish sauce (can use an additional tbsp of coconut aminos instead)



Instructions

1. Add all of the marinade ingredients to a blender and process until combined. In a large freezer bag or container, pour the marinade over the chicken wings and toss to coat them evenly.
2. Marinate the wings for at least ½ an hour or up to overnight before cooking.
3. Preheat the oven to 400F.
4. Line two half sheet baking trays with foil. Place an oven safe wire rack onto each tray.
5. Divide the chicken wings between the two trays and place them onto the wire racks.
6. Bake for 30 minutes, then use tongs to turn over the wings.
7. Turn the oven up to 425F. Return the wings to the oven and continue to bake until golden brown, about 10 minutes.

<http://meatified.com/paleo-glazed-chicken-wings/>

Modifications in red by Laura McKay, B.S., Health Educator. This is a non-rotate recipe for those following the Bon Appetit Rotation Diet. If preferred, you can cook your wings on the grill vs. oven.



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