

once upon a chef

WITH JENN SEGAL

Grilled Chicken Wings with Seasoned Buffalo Sauce

I love the flavor and ease of cooking chicken wings on the grill. They are truly no fuss, no muss and finger lickin' good!

Servings: 4-6 as an appetizer

Prep Time: 5 Minutes

Total Time: 25 Minutes



INGREDIENTS

FOR THE WINGS

3 pounds chicken wings (if whole, cut into sections; discard the wing tips or save for stock)

1-1/2 teaspoons kosher salt

1/2 teaspoon black pepper

Vegetable oil, for grill

FOR THE SEASONED BUFFALO SAUCE

6 tablespoons unsalted butter

1 clove garlic, minced

1/4 cup plus 2 tablespoons Frank's Red Hot Original Cayenne Pepper Sauce (or similar brand)

1/4 teaspoon kosher salt

1/2 teaspoon onion powder

1/2 teaspoon chili powder

3/4 teaspoon sugar

INSTRUCTIONS

Heat the grill to medium-high. Season the wings with salt and pepper.

Using grill tongs, dip a wad of paper towels in oil, then carefully rub the grill grate until glossy and coated. Grill the wings, covered, flipping occasionally, until they are golden brown, crispy and completely cooked through, about 20 minutes. Keep a close eye on the grill: if there are flare-ups or the wings begin to burn, move the wings to a cooler part of the grill or reduce the heat. You don't want grill marks on the wings; just a nice and even golden-brown color.

While the wings are cooking, make the sauce. Combine the butter and garlic in a microwave-safe bowl. Cook for about one minute in the microwave until the butter is melted. Stir in the hot sauce, salt, onion powder, chili powder and sugar. Set aside.

Dip the cooked wings in the sauce and serve immediately. Alternatively, serve the wings plain with the sauce on the side.

PAIR WITH



Southwestern Quinoa Salad with
Corn, Tomatoes, Avocado &
Lime

NUTRITION INFORMATION

Powered by *Edamam*

Per serving (6 servings)

Calories:	627
Fat:	49g
Saturated fat:	18g
Carbohydrates:	4g
Sugar:	1g
Fiber:	2g
Protein:	42g
Sodium:	851mg
Cholesterol:	205mg

GLUTEN-FREE ADAPTABLE NOTE

To the best of my knowledge, all of the ingredients used in this recipe are gluten-free *or widely available in gluten-free versions*. There is hidden gluten in many foods; if you're following a gluten-free diet or cooking for someone with gluten allergies, always read the labels of your ingredients to verify that they are gluten-free.

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