



The Best Oven Baked Chicken Wings!

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There's a reason they are called The Best Oven Baked Chicken Wings! I love that baking them means you don't have to wait hours for them to smoke, but you still get that delicious flavor with the smoked salt.

Course	Dinner, Snacks & Appetizers
Cuisine	American
Method	Freezer Friendly
Diet	Dairy Free, Egg Free, Gluten Free, Peanut/Tree Nut-Free
Prep Time	20 mins
Cook Time	45 mins
Total Time	1 hr 5 mins
Servings	6 people

Ingredients

- 3 pounds chicken wings about 3 dozen wings total
- 1 tablespoon pure maple syrup or honey
- 2 1/2 teaspoons pepper
- 1 1/2 teaspoons smoked salt (this recipe would not be the same without the SMOKED version versus regular salt...I found it at our grocery store and it's worth the extra effort if you don't already own some)
- 1 teaspoon thyme dried
- 1 teaspoon paprika
- 1/2 teaspoon oregano dried
- 1/2 teaspoon red pepper (ground cayenne)

Optional Accompaniments

- celery
- ranch dressing homemade (see link in notes)

Instructions

1. Place the cooling rack on top of a baking sheet lined with aluminum foil and set aside. Pre-heat oven to 425 degrees F.
2. Pour the maple syrup into a large mixing bowl. Add the wings and mix with your hands to evenly coat the wings. (Note: If your wings are fairly wet, pat dry with a paper towel first, otherwise don't waste your time.) Arrange the coated chicken wings on top of the rack, thick-skinned side down.
3. Mix remaining ingredients in a small bowl and with a dry hand, evenly spread about half of the spice mixture on top of the wings. With your other "wet" hand, press the spice rub into the wings and then flip them over (we want the thick-skinned side up during baking for extra crispiness). Evenly spread the remaining spice mixture on top with your dry hand.
4. Bake for 45 minutes on the middle oven rack. Serve warm and enjoy!

Notes

Ranch dip - Homemade Ranch Dip

We recommend organic ingredients when feasible.

► Nutrition Facts