

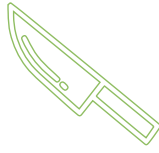


Family Meal

# Sriracha Garlic Wings



**SERVES**  
2-3



**PREP**  
10 mins



**COOK**  
40 mins

## INGREDIENTS

- 2 pounds of wings (flats & drums)
- 2 tbsp oil
- 2 tbsp garlic minced
- 1 tbsp Worcestershire sauce
- 2 tbsp lemon juice
- 1 tbsp Cajun spice blend
- ½ cup Sriracha garlic bbq sauce

*\*60 calories per serving*

## METHOD

1. Mix Cajun spice blend, oil, Worcestershire, and lemon juice.
2. Pat wings dry, so marinade sticks to them better.
3. Thoroughly mix in with chicken. Allow to marinate for at least 30 minutes, if possible, longer.
4. Use a baking sheet with a cooling rack on top. Spray with cooking spray
5. Cook for 30 minutes at 350°F.
6. In a saucepan bring sriracha garlic bbq sauce to a simmer.
7. When wings have finished baking, toss them in the warm bbq sauce.
8. Bake for an additional 6-8 minutes at 350°F and remove from the oven. Be sure that wings reach an internal temperature of 165°F.