

YIELD: 3 SERVINGS

# Salt and Pepper Wings

Salt and Pepper Wings. The simplest, easiest wing recipe ever and one of the tastiest too. Perfect with your favourite dips too!



**PREP TIME**      **COOK TIME**  
5 minutes          40 minutes

**ADDITIONAL TIME**  
1 hour

**TOTAL TIME**  
1 hour 45 minutes

## Ingredients

- 12 chicken wings (approximately 1 lb)
- 1 tsp salt
- 1 1/2 tsp black pepper, coarsely ground
- 1/4 tsp MSG (optional)

## Instructions

Wash and pat dry the chicken wings before patting them dry with paper towels.

Add the wings to a Ziploc bag along with the salt, pepper and MSG if you are using it.

Seal the bag and toss the wings well so that the seasoning is well distributed.

I like to leave the wings in the bag for an hour or so to let the seasoning flavour the skin well, but even a few minutes helps if you are in a rush.

Preheat oven to 425 degrees F. Line a cookie sheet with parchment paper.

Spread the wings out evenly spaced on the sheet without touching. This helps to ensure a crispy skin.

Bake for 40-45 minutes, depending on the size of the wings you are using. Turn them every 10 to 15 minutes.

Serve immediately.

## **Notes**

I'm writing this recipe for a single pound of chicken wings. Because it is such a simple preparation this will make the recipe easier to double, triple, quadruple or make whatever amount you need.

# Nutrition Information

**Yield** 3

**Serving Size** 4 wings

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*Amount Per Serving*

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**Calories** 867

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**Total Fat** 57g

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Saturated Fat 17g

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Trans Fat 0g

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Unsaturated Fat 38g

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**Cholesterol** 479mg

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**Sodium** 1109mg

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**Carbohydrates** 1g

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Fiber 0g

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Sugar 0g

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**Protein** 81g

*The nutritional information provided is automatically calculated by third party software and is meant as a guideline only. Exact accuracy is not guaranteed. For recipes where all ingredients may not be used entirely, such as those with coatings on meats, or with sauces or dressings for example, calorie & nutritional values per serving will likely be somewhat lower than indicated.*

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