

Haggen®
— KIDS —
Cooking
CLUB



SERVES: A LOT!

PREP TIME: 5 MIN

**COOK TIME: 40 MIN,
PLUS COOLING TIME**

SKILL LEVEL: 

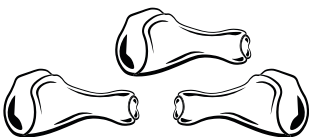
REQUIRES USE OF:



CHICKEN WINGS YOUR WAY

INGREDIENTS:

- 2 pounds chicken wings
- 1 tablespoon baking powder
(NOT baking soda!)
- 1 teaspoon salt
- sauce of your choice



ITEMS TO GATHER:

- apron
- 2 large mixing bowls
- large baking sheet
- parchment paper
- aluminum foil
- paper towels
- tongs
- oven-safe mitts



GET COOKIN'!

INSTRUCTIONS:

Place all your ingredients and cooking tools on the counter near your cooking area.

Preheat oven to 450°F.

Line a large baking sheet with aluminum foil. Place a layer of parchment paper on top of the tin foil. Set pan aside.

Dry each wingette and drumette with a paper towel until all are completely dry. Place the wings in a large mixing bowl. Sprinkle baking powder over the wings. To ensure an even coverage, mix by hand. Place the pieces of chicken on the parchment paper, leaving space between each one.

Using oven-safe mitts, insert the baking sheet into the oven. Reduce the heat to 425°F. Bake for 30–40 minutes, until the wings are nicely browned and crisp.

Using oven-safe mitts, carefully remove the baking sheet from the oven. To preserve the crispiness of the wings, let them rest on the pan for five minutes.

Meanwhile, gather your favorite sauce and another large mixing bowl. Using tongs, transfer the wings in the bowl and sprinkle with salt. Toss the wings with your sauce of choice or serve with the sauce on the side. Serve hot!

ENJOY!

LET'S GET SAUCY

Create a unique flavor experience by adding these sauces to a variety of different foods!

BBQ Ranch Sauce

1/4 cup plain Greek yogurt

3 tablespoons mayonnaise

1/4 cup buttermilk

2 tablespoons BBQ sauce

2 teaspoons ranch dressing mix

Place all the ingredients into a bowl and combine with a whisk. Store the sauce in the refrigerator for 3–5 days.

Garlic Parm Sauce

3 teaspoons minced garlic

1½ tablespoons parsley, chopped

3/4 cup Parmesan

1/2 teaspoon salt

pepper to taste

1 stick unsalted butter, melted

In a medium bowl, mix together garlic, parsley, Parmesan, salt, pepper and slowly incorporate melted butter. Store the sauce in the refrigerator for 3–5 days.