

# CHICKEN WINGS

FOOD *sense*

## Oven:

- Preheat oven to 400°F. Thaw chicken wings.
- Drizzle wings with oil, toss with salt, pepper, and your favorite spices.
- Place a metal cooling rack on a baking sheet. Airflow beneath your wings will allow for even cooking and crispy skin all over.
- Transfer the wings onto the pan in a single layer
- Cook for 20 minutes at 400°F, then flip the wings. Cook an additional 10 minutes or until the internal temperature reaches 165°F .

## Air Fryer:

- Preheat air fryer to 400°F degrees for 2 minutes. Add wings in a single layer and cook for 10 minutes. Flip the wings and cook for an additional 8 minutes or until they reach an internal temperature of 165°F.

**Temperature Check:** *Use a meat thermometer inserted halfway into the chicken wings to ensure that the correct temperature is achieved.*

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