

Tasty Buffalo Wings

Serves 4-6 as a meal

Ingredients:

3 pounds wing pieces, seasoned lightly with black pepper and sea salt

3/4 cup Texas Pete Hot sauce

5 Tablespoons grass-fed butter

5 Tablespoons fresh squeezed lemon juice

2 Teaspoons garlic powder

Black pepper to taste

1 Recipe Blue Cheese Dip (see second recipe)

Directions:

Preheat your oven to 400 and place you wing pieces in a single layer in an oven-safe dish or baking sheet lined with foil. Season with the sea salt and black pepper and bake for 45 minutes or so until wings are cooked through, especially next to the bone.

While your wings are cooking make your sauce. Take the hot sauce, butter, lemon juice, and garlic powder and place in a small saucepan on medium-low heat. Stir the sauce together until the butter is melted.

Once wings are cooked through, remove from oven and drizzle the sauce over them, turning once to cover. Return to oven and bake another 5 minutes to set the sauce.

Place in a bowl or serving platter and serve with the Blue Cheese Dip.