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## **Garlic Parmesan Wings**

### **Ingredients:**

Chicken drumettes, 2 lbs.  
Coconut oil, 1 tbsp  
Minced garlic, 1 tbsp  
Chives to taste  
Parmesan to taste  
Oat flour to taste  
Olive oil to taste

### **Directions:**

1. Trim fat from the wings. Season chicken with pepper.
2. Lay wings flat on a baking sheet with cooling rack and dust wings with oat flour.
3. Spray coated wings with olive oil and bake wings at 420 F for 25 minutes.
4. To make the sauce, sauté coconut oil, garlic, chives and ground pepper for 5 minutes.
5. Placed cooked wings in bowl and toss with sautéed sauce, parmesan, and sea salt.