

Oven Fried Wings with Smokey Pineapple Buffalo Sauce

Ingredients:

- **1 pound** fresh chicken wings (wingettes and drumettes) (Frozen wings can also be used; just make sure to thaw before cooking)
 - **1 cup** Chipotle Tabasco sauce (or any chipotle-flavored hot sauce you prefer)
 - **2 tablespoons** butter
 - **2 tablespoons** brown sugar
 - **8 oz** can of crushed pineapple
 - **8 oz** pineapple juice
 - **Crumbly cheese** (Blue cheese, Cotija, or Feta – your choice)
 - **Your favorite dressing** (Ranch or Blue Cheese)
 - **Honey** (to taste)
 - **2 carrots** (julienned)
 - **2 celery sticks** (cut into sticks)
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Directions:

1. Prepare the Wings:

- Pat the chicken wings dry using paper towels, making sure they are as dry as possible.
- Season the wings with salt and pepper.
- Arrange the wings in a single layer on a metal cooking tray, ensuring they are not overcrowded. This helps them cook evenly.
- Place the wings in the fridge while you prepare the sauce.

2. Make the Sauce:

- In a saucepan, combine the **pineapple juice** and **crushed pineapple**. Bring to a simmer and reduce until the sauce thickens and the flavors become more concentrated.
- Add **chipotle hot sauce** and **brown sugar** to the pan. Stir and continue to simmer over medium heat.
- Taste the sauce, and add **honey** if you want additional sweetness.
- Once the sauce reaches your desired flavor, add **butter** and stir until it melts and the sauce thickens to your preference.

3. **Cook the Wings:**

- If you are using a 5-1 Advantium oven, Place Wings in 5-1 and set it to
- u-7
- L-6
- C-10
- M-5
- While the sauce is thickening, bake the wings in a preheated oven according to your desired crispiness (typically 425°F for 25-30 minutes, flipping halfway through).
- Alternatively, you can air-fry them if you prefer.

4. **Prepare the Veggies:**

- While the wings cook, julienne the **carrots** and cut the **celery** into sticks.

5. **Toss and Serve:**

- Once the wings are fully cooked, place them in a stainless steel bowl.
- Pour the thickened **smokey pineapple brown sugar sauce** over the wings and toss until they are well-coated.
- Transfer the wings to a serving platter.

Garnish with your choice of **crumbly cheese** and serve with **carrot sticks**, **celery**, and your favorite **dressing** (Ranch or Blue Cheese).