

Chicken Wings

Amount	Size	Description
1	Lb.	Chicken Legs
2 – 3	TBL	Old Norse World Cuisine Spice Blends of Choice
2 – 3	TBL	Olive Oil

1. Preheat oven to 350 degrees.
2. Rub olive oil over each chicken wing.
3. Sprinkle the desired spice blend over the wing. Be careful not to over season the wings. Some blends can taste strong if using too much.
4. Place wings on a wired cooling rack. Place the rack over a cookie sheet lined with aluminum foil.
5. Place the wings in the oven and cook for 30 – 45 minutes, until cooked through.