

Faux Fried Chicken Wings



Totals are for one medium size chicken wing. Recipe makes 12 chicken wings:

Calories 75 Fat 3g Fiber .5g Carbs 2.6g

What you'll need:

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|---------------------------------------|-------------------------------------|
| 12 Medium size chicken wings | 1 Teaspoon ground black pepper |
| 1 Cup skim milk | 1 Teaspoon ground Thyme |
| 2 Cups whole-wheat flour | 1 Gallon size baggie |
| 2 Tablespoons Lawry's seasoned salt | 1 Can butter flavored cooking spray |
| 2 Tablespoons garlic salt (any brand) | |

Aluminum foil

An oblong cake pan or cookie sheet

Let's get to cooking!

1. Preheat oven to 350 degrees. Line pan/sheet with aluminum foil and spray with cooking spray.
2. Place chicken wings, as many as will fit, in a bowl with skim milk.
3. Put ALL dry ingredients in your gallon baggie and shake to mix thoroughly.
4. Take 3 wings at a time from skim milk, place in baggie and shake until thoroughly coated.
5. Take each breaded wing and holding it in the palm of your hand, spray the under side with cooking spray and place on baking sheet with underside down.
6. Repeat steps 2-5 until all wings are placed on sheet, then spray up-side of all wings with cooking spray.
7. Bake for 40 minutes or until chicken is golden brown.
8. Serve hot with K LW Honey Mustard, Ranch or Cocktail dipping sauce – plain!

Caution: If you have a salt issue, you'll need to alter this recipe to fit your needs. And if you don't drink milk, you'll change the skim milk to a substitute of your choosing.

Maeren Thomas, the best chicken fryer ever, inspired this **Kitty's Lighter Weigh** recipe!