



AMERICAN COOKERY:

Buffalo Wings

AMERICA'S FAVORITE WINGS!

Buffalo Wings get their namesake from the town where they were invented... Buffalo, New York! Except that over there, they're known simply as Chicken Wings.

HEALTHIER BUFFALO WINGS

The tangy flavor of America's favorite wings are often replicated in different ways but, thanks to extra virgin olive oil from Spain, this recipe is the healthiest, most flavorful version that will give you a decadent wing with the classic flavor that you love.

INGREDIENTS

- Chicken: 25 wings
- 2 tablespoons of extra virgin olive oil from Spain
- Garlic powder, salt, & pepper
- Sauce: 1/4 cup hot sauce
- 1/4 cup extra virgin olive oil from Spain
- 2 Tbsp. lemon juice
- 2 cloves garlic, minced

STEP BY STEP

- 1.** Preheat the oven to 400 °F.
- 2.** In a large bowl, toss the chicken with olive oil from Spain and season with garlic powder, salt and pepper.
- 3.** Place on a baking sheet and bake for 50-60 minutes, flipping them halfway through.
- 4.** Meanwhile, mix the sauce ingredients in another bowl.
- 5.** Once the chicken is crispy, remove from the oven and toss in the sauce with tongs.
- 6.** Transfer directly onto a plate and serve with celery.



OLIVE OILS FROM
SPAIN 

WORLD LEADERS