**Baked Buffalo Wings**

Ingredients:

* 3 lbs. **chicken wings**, thawed or fresh, cut in half to separate the drums from the wingettes
* 5 TBSP **baking powder**
* 5 tsp fine sea **salt**
* 3 TBSP **garlic powder**
* Optional: 1 TBSP white or brown **sugar**, and
* ¼ cup **hot** or **Buffalo sauce**
* Serving suggestion includes sides of chunky **bleu cheese** dip or dressing and sliced **celery sticks**

Instructions:

1. Preheat to 450˚.
2. Line a baking pan or sheet with foil. Place a wire rack over the pan. Set aside.
3. Pat each wing dry with a paper towel and set aside on paper towels.
4. In a pestle or small bowl, combine and grind down the **baking powder**, **salt**, and **garlic powder**.
**Tip:** Ensure that no chunks remain; chunked baking powder does not do its job and tastes bitter!
5. To avoid waste, incorporate a few measures that prevent cross-contamination: First, wash hands thoroughly. Then dry.
6. Using the fingers of just one hand, pinch and sprinkle dry seasoning generously over the top side of the **chicken wings**. Using your other hand, flip each wing over. Repeat and season the top side.
**Tip:** There will be plenty of dry rub left over. If your “chicken hand” did not come into contact with the mixture, store and use it next time.
7. Assemble seasoned **chicken wings** in a single layer on the rack.
8. Bake in the center of the oven for until you can see that the chicken bottoms are golden brown. Depending on your hardware, cook time can vary from 25-60 minutes. Flip each piece over and bake until you observe the top to be golden brown.
9. In a medium bowl, stir together the melted **butter**, **sugar**, and **hot sauce**. Transfer cooked **chicken wings** from oven to bowl and toss, coating each piece thoroughly.