



Chicken Wings with Paleo Ranch

Yields: Wings: 12P, 6C, 9-18F Ranch: 288F

Ingredients:

- **12 chicken wings**
- **1 tablespoon garlic powder**
- **Kosher salt, to taste**
- **Black pepper, to taste**
- **1 lemon, juiced**
- **1-2 tbsp. Ghee or grass-fed butter**
- **Tabasco sauce**
- **½ bunch flat leaf Italian parsley, rough chopped, to garnish**
- **8 carrots, peeled, cut into sticks**
- **½ head of celery, cut length-wise into sticks**

Ingredients for Paleo Ranch:

- **1 whole egg, plus one egg yolk**
- **2 tablespoons garlic powder**
- **1 tablespoon red wine vinegar**
- **2 cups olive oil**
- **1 lemon, juiced**
- **½ bunch flat leaf Italian parsley**
- **1 dash Tabasco sauce**
- **Kosher salt, to taste**
- **Pepper, to taste**

Preparation Instructions:

1. Preheat oven to 350°F.
2. Place chicken wings in a large mixing bowl, toss with salt, pepper, and garlic powder and place on a foil lined sheet pan.
3. Place sheet pan into oven and bake until internal temperature is 180-185°F.
4. In a food processor or using an immersion blender, add egg and yolk, salt, pepper, garlic powder, red wine vinegar and pulse until evenly mixed, taste.
5. Slowly add olive oil until it reaches the desired consistency.
6. Add parsley, lemon juice, tabasco sauce, and continue to pulse. Taste, and add more seasonings until you reach your desired taste. Set aside.
7. Once chicken wings are cooked, remove from oven and place into a large mixing bowl. Add lemon juice, tabasco sauce, ghee, and Italian parsley, toss to coat.
8. Using a large serving platter, plate carrots and celery sticks, ranch dressing, and chicken wings. Serve immediately and enjoy!

“Keep It Paleo!”

