

# PALEO / NICK



## *Chicken Wings with Pineapple and Poblanos*

### Ingredient List: (32P, 18C, 36F)

- 36 Chicken Wings
- 1 Pineapple, Diced into 1”(2.54cm) cubes
- 3 Poblano Peppers, Diced into 1”(2.54cm) cubes
- 2 Onions, Large Julienne
- 2 Tablespoons Olive Oil
- 1 Tablespoon Kosher Salt
- 2 Teaspoons Black Pepper
- 3 Tablespoon Chili Powder
- 1 Teaspoon Cumin
- 2 Teaspoons Garlic Powder
- ½ Teaspoon White Pepper
- ½ Teaspoon Cinnamon

**Preparation Instructions:**

1. Combine chicken wings, spices (less ½ of Chili Powder), ½ Tablespoon Salt, 1 Teaspoon Black Pepper and Olive Oil in a bowl, mix well with your hands or a spoon and marinate for 15 minutes, or up to 24 hours.
2. Preheat oven to 400° F/205° C or 350° F/175° C convection.
3. Line two half-sheet pans with parchment paper and spread wings evenly throughout.
4. Disperse pineapple, peppers and onions among the wings and bake for 35 Minutes
5. Remove from oven and turn wings, pineapple and veggies, then apply secondary seasoning of remaining Chili Powder, Salt and Pepper.
6. Return to oven for 20 additional minutes or until the chicken reaches an internal temperature of 165° F/74° C or greater.

As you can see, it would be easy to make Zone portions by simply doubling the carbohydrates in this recipe. However, if you do so, I would recommend spreading all ingredients over three half-sheet pans instead of two. This will prevent too much moisture from releasing on to the crowded pans, which would make the end product soupy, instead of crisp and caramelized.

**Keep It Paleo!**