

Chicken Wings - Grilled



Totals for 3 medium wings:

Calories 297 Fat 19.8g Fiber 0g Carbs 0g

What you'll need:

- 1 Package of medium sized raw chicken wings (They usually come about 10 to a package)

Lawry's seasoned salt

Garlic salt

Ground black pepper

Barbecue grill

Let's get to cooking!

1. Preheat your grill to medium heat.
2. Lay chicken wings on grill with underarm "down" on the grill.
3. Generously sprinkle all seasonings on wings, close grill and cook for 15 minutes.
4. Flip all wings (if some have cooked slower allow them to cook longer so that all are equally done) and re-season with all seasonings.
5. At this point the fat from the skin can cause the grill to flame up so keep an eye on the wings as you allow them to cook for an additional 15 minutes.
6. Once wings are crispy on both sides remove from the grill and serve hot with K LW Fat Free Ranch Dressing (see recipe) or plain.

NOTE: Grilled chicken is better reheated on the grill. Wings are okay reheated in a toaster or microwave, but for the absolute best way to reheat them – pop them back on the grill for 5 minutes on each side.

My love of outdoor grilling inspired this **Kitty's Lighter Weigh** recipe.