

Lemon Chicken Wings

Ingredients

- Zest of 1 lemon
- 2 teaspoons kosher salt
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dried thyme
- 2 pounds chicken wings

For the Sauce

- 1/2 cup olive oil-based mayo (e.g., Primal brand)
- Juice of 1/2 lemon
- 1 tablespoon Dijon or honey mustard
- 2 green onions, sliced

Directions

1. Preheat your grill to 400 degrees Fahrenheit
2. In a large bowl, whisk together the lemon zest, kosher salt, smoked paprika, garlic powder, onion powder, and dried thyme.
3. Pat the chicken wings dry, then add them to the bowl with the spice mixture. Toss the wings to coat them well with the spices.
4. Once the grill is preheated, place the coated chicken wings on the grill grates and cook for approximately 7 to 8 minutes per side, or until the skin is crisp and the wings are cooked through.
5. While the chicken wings are cooking, prepare the sauce by mixing together the olive oil-based mayo, lemon juice, Dijon or honey mustard, and sliced green onions in a separate bowl.
6. Once the wings are done, remove them from the grill and serve them with the prepared sauce on the side.

MADE WITH LOVE

by Teresa Forehand