

# Crunchy Baked Parmesan Wings

## *Gluten-free, Low Carb*



Recipe adapted *Terry Farrell Firefighters Fund Firehouse Cookbook - Photos (c) by Alice Alfonsi who writes [The Coffeehouse Mysteries](#) as [Cleo Coyle](#) with her husband, Marc Cerasini.*

*This is one amazing recipe. These golden brown wings are full of mouthwatering flavor. They crunch like they're breaded and fried, but they're baked, and you don't use any breadcrumbs, just herbs and Parm, making them low carb and completely gluten free. They'll also make your kitchen smell as heavenly as a pizzeria. The ingredients are unpretentious, the combination superb. You can serve these wings with a dipping sauce, but it's not necessary. They are wonderful as is. Marc and I always enjoy them. We hope you too will eat with joy! ~ Cleo*

*Makes about 20 wing pieces*

**3 pounds fresh chicken wings**

**1 cup good quality grated Parmesan cheese**

*(go for the real stuff, not a commercial brand with filler)*

**1 Tablespoon dried parsley**

**2 Tablespoons dried minced garlic** (not powdered)

**1 Tablespoon dried oregano**

**2 teaspoons sweet paprika**

**1 teaspoon sea salt, ground fine**

**1/2 teaspoon white pepper**

**6-7 Tablespoons butter** (\*\**To replace with olive oil, see note on page 2.*)

**(1)** Preheat oven to 350 degrees F. Line a shallow baking sheet with foil and coat lightly with nonstick spray or oil. Cut up the chicken wings into separate pieces, discarding tips. Wash the chicken and pat it very dry. Set aside.

**(2)** In a large mixing bowl, blend the Parmesan, parsley, minced garlic, oregano, paprika, salt, and pepper and whisk with a fork until ingredients are thoroughly combined.

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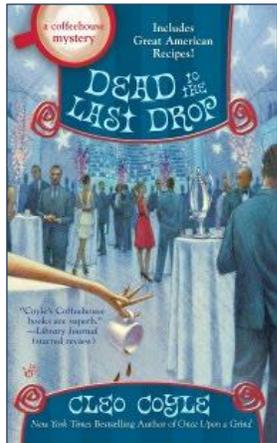
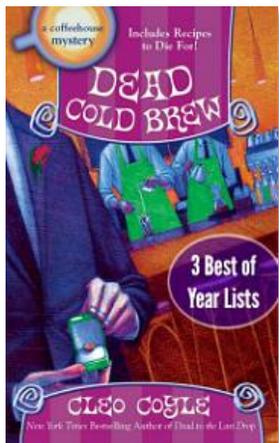


**(3)** Melt butter on stove or in microwave. One piece at a time, dip the clean and dry chicken wings in the melted butter, then roll in the cheese and herb mix, making sure to coat completely. Note that as butter cools it may become difficult to work with. In that case, simply warm it up again and continue coating the chicken.

**(4)** Arrange the chicken pieces on the foil-lined baking sheet and bake for one hour. (Do remember to coat that foil with non-stick spray or oil.) Do not turn or disturb the chicken as it cooks. When finished, remove wings quickly while still warm. If chicken pieces cool too much, they may stick.

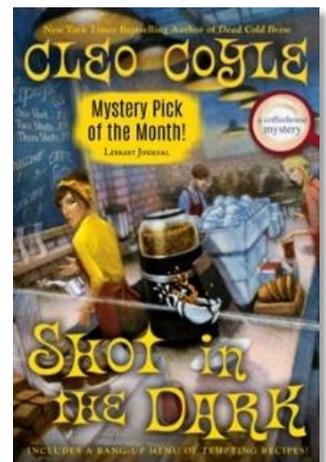
**\*\*Can I use a rack?** It's not necessary, but sure, you can use one. The rack will lift the chicken slightly above the pan and allow fat to drip down. It will also give a slightly more crunchy and uniformly browned coating. Be sure to coat the rack with nonstick spray or lightly oil before using. Place rack over a shallow, foil-lined pan. Cooking time may be a little less than one hour.

**\*\*\*Olive oil instead of butter?** To replace the butter, use about 1/3 cup olive oil instead, warming it first to reduce viscosity. Note: If you are using a rack, the oil may drip and smoke toward the end of cooking. (Our smoke alarm went off when we gave the oil a try. Then again, these are firehouse wings!)



*Eat with joy! ~ Cleo*

The [Coffeehouse Mysteries](http://www.CoffeehouseMystery.com) are bestselling culinary mysteries, set in a landmark Greenwich Village coffeehouse. Each includes the added bonus of recipes. To learn more and see more recipes, visit Cleo Coyle's online coffeehouse at [www.CoffeehouseMystery.com](http://www.CoffeehouseMystery.com) And her recipe blog at [www.CleoCoyleRecipes.com](http://www.CleoCoyleRecipes.com)



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