

# Hot Honey Garlic Wings

Serves 2-3 : ~ 40 minutes : wing recipe by [Primal Gourmet](#)

## Ingredients:

### Wings

- 2.5 lbs chicken wings
- 1 tbsp onion powder
- 1 tsp spicy (or smokey) paprika
- 1 tsp salt
- ¼ cup buffalo-style hot sauce\*
- 1 tbsp honey
- 2-3 cloves garlic finely grated

### Ranch

- 1 cup homemade (or store bought) mayonnaise
- ½ cup sour cream
- ½ cup buttermilk
- 1 tsp fresh lemon juice
- 1 tsp kosher salt
- ¼ tsp black pepper
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp dry mustard powder
- ⅛ tsp cayenne pepper
- 3 tblsp fresh parsley, minced
- 2 tblsp fresh dill, minced
- ½ tblsp fresh chives, minced

## Instructions:

### Wings:

- Preheat the oven to 425F.
- Pat chicken wings dry\* with paper towel & transfer to a medium bowl.
- Season with onion powder, paprika & salt, toss to coat.
- Lay flat in a single layer on a lined baking sheet, leaving a bit of space between each wing.
- Transfer wings to the bottom rack of the oven & cook for 35-40 minutes or until golden brown — the thickest part of the wings register 165F on an instant-read digital thermometer.
- Meanwhile, add hot sauce, honey & garlic to a mixing bowl (**all prep your ranch**).
- Transfer cooked wings to bowl & toss to coat.
- Serve with ranch.

### Ranch:

- Add all ingredients to a sealable jar & whisk until combined.
- Taste for salt & check for consistency (add mayo to thicken, buttermilk to thin).
- Refrigerate until serving.

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### recipe notes:

- I'm always using Primal Kitchen's buffalo sauce. It's a great clean option and is so delish.
- Patting your wings dry is such an important step to getting a nice crisp in the oven, don't skip!

### what you learn from this recipe:

- When you make food like this for yourself at home, you have the opportunity to know every ingredient you're eating. You get to enjoy the "junk" style food without the junky aftermath.