



1 - 4 pound bag frozen chicken wings, thawed

Salt & Pepper

BBQ Sauce

Preheat the oven at 375 degrees. Rinse and pat dry the chicken wings. Place in a oven proof pan and season generously with salt and pepper - coarse salt and freshly ground pepper would be best. Place in oven and roast for 20 minutes. Discard all rendered fat.

Heat your grill while the wings are cooking. You will finish cooking the wings on medium heat. Clean the grids well and oil them with a wad of paper towel soaked in olive oil.

Place the wings on the grill and cook for 10 minutes until skin has grill marks. Flip and cook for an extra 10 minutes. One by one dunk the wings into a bowl with bbq sauce. Place them back on the grill and cook 5 minutes each side, until sauce caramelizes.

Serve with oven cooked French fries and lots of napkins! Enjoy!

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