

BBQ Chicken Wings

with Smoky Sweet Potato Salad & Coleslaw

Chefs, wing night just got a major upgrade. In this recipe, we're serving a platter of crispy-skinned wings, roasted twice and glazed with a classic barbecue sauce. To turn this crowd favorite into a satisfying dinner, we're pairing our wings with a creamy sweet potato salad, livened up with a sprinkling of smoked paprika and scallion. A quick coleslaw made with seasonal cabbage and carrots rounds out the meal.



Ingredients

3 Pounds Chicken Wings
2 Carrots
1½ Pounds Green Cabbage
1 Pound Sweet Potatoes
1 Scallion

Knick Knacks

3 Tablespoons Apple Cider Vinegar
1½ Tablespoons Sugar
1 Tablespoon Whole Grain Dijon Mustard
½ Cup Barbecue Sauce
½ Teaspoon Smoked Paprika
⅓ Cup Mayonnaise

Makes 4 Servings

About 700 Calories Per Serving

Prep Time: 10 min | Cook Time: 30 to 40 min



1



Roast the chicken wings:

Preheat the oven to 475°F. Line a sheet pan with aluminum foil. Pat the **chicken wings** dry with paper towels and place on the prepared sheet pan. Drizzle with oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer and roast 22 to 24 minutes, or until lightly browned and cooked through. Remove from the oven, leaving the oven on.

2



Prepare the ingredients:

While the chicken wings roast, wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Peel and medium dice the sweet potatoes. Thinly slice the scallion, separating the white bottom and green top. Remove and discard the cabbage core; thinly slice the leaves. Peel the carrots and grate on the large side of a box grater.

3



Cook & dress the sweet potatoes:

While the chicken wings continue to roast, add the **sweet potatoes** to the pot of boiling water and cook 8 to 10 minutes, or until tender when pierced with a fork. Drain thoroughly and return to the pot. Off the heat, add the **white bottom of the scallion, smoked paprika, half the mayonnaise** and **¼ of the vinegar**. Stir to thoroughly combine and season with salt and pepper to taste. Transfer to a serving dish and set aside in a warm place.

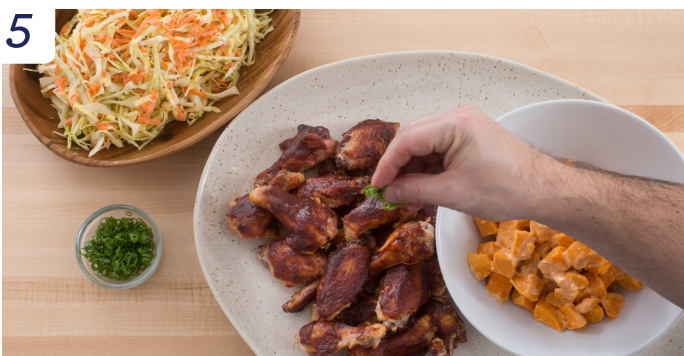
4



Make the coleslaw:

While the sweet potatoes cook, in a large bowl, combine the **cabbage, carrots, sugar, mustard** and **remaining mayonnaise and vinegar**. Toss to thoroughly combine and season with salt and pepper to taste. Set aside to marinate, stirring occasionally, for at least 10 minutes.

5



Finish the chicken wings & serve your dish:

Evenly top the **roasted chicken wings** with the **barbecue sauce**. Return to the oven and roast 8 to 10 minutes, or until browned on top. Remove from the oven and transfer to a serving dish. Serve with the **dressed sweet potatoes** and **coleslaw** on the side. Garnish with the **green top of the scallion**. Enjoy!