

*Zhang's Kitchen*

## **#1 Angel's Lo-Carb Hot Wings**

Angel's diet hot wings. Take wings and cut into thirds at the joint. Discard the pointy end or save for stock. Toss drumette's and splits into a pot and pour half red wine and half water over until just covered. Boil for 1/2 hour or until there is a layer of oil on top of the water, don't boil them so long that the meat falls off. Strain and discard water and wine mixture. Arrange wings on a cookie sheet covered with aluminum foil and oiled with olive oil so they don't stick. Brush on your favorite wing sauce, mine is straight hot sauce, and sprinkle with Cajun spice like Tony Chacheres, don't add salt or they will no longer be diet wings, the Cajun spice has some salt in it already. Bake at 400F for 30 minutes, remove and flip wings over. Re brush with your wing sauce and sprinkle with Cajun spice again. Return to the 400F oven for 30 minutes or until wings are slightly crispy on the outside and the meat falls off the bone when munching.

*Enjoy! Angel*

**ZIFF DAVIS MEDIA**

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