



Italian Chicken Wings

Ingredients:

12 chicken wings

2 branches rosemary

2 oz Italian seasoning

2 tsp minced garlic

1/4 tsp salt

1/2 tsp black pepper

Juice of 1/2 lemon.

Directions:

Heat a non stick pan on medium heat, use olive oil or non-stick spray to prevent sticking. When pan is hot, drop in chicken wings. Cook them for a few moments and add in rosemary stalks.

Move them around in the pan while basting them in the drippings.

Add in Italian seasoning and garlic when wings are browned on all sides. Continue to move around, while basting; and then add black pepper and salt.

Right before wings are done, squeeze lemon on top and serve.

