

Gluten Free BBQ Hot Wings

I love hot wings – any time of year! This recipe is for grilled, but you can also put them into a grill pan indoors – or take them to your tailgate party or picnic! And these are gluten free!



Here's how you do it

Put the following ingredients into a gallon sized zip lock bag:

- 1/2 cup hot sauce
- 1/4 cup olive oil
- 1/4 cup water
- 1/4 teaspoon of liquid smoke
- 1/2 teaspoon chipotle powder
- 1/4 teaspoon cayenne pepper (optional)
- 1/2 teaspoon garlic salt
- 1/4 cup pure corn flour (also called Masa, but make sure it is 100% corn)
- 2 Tablespoons of sour cream



Smooch it all together in the bag until it is well blended.
Then add 12 chicken wings and seal air tight.
Leave in the refrigerator for 5-6 hours or overnight
Light the grill and heat to medium heat.
Add the wings and cook about 10 – 15 minutes on each side,
until golden brown and cooked through.
Turn the grill to high and cook for just a couple of minutes
to brown and crisp the skin up.



Serve hot with celery and green onion sticks and dip into
ranch or blue cheese dressing –
Yum!

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