

## **LEMON PEPPER BONELESS "WINGS"**

Sarah Roberts

**Makes 20-25 pieces**

**Why I Make These:** Chicken wings are so tasty, but we lose all the benefits of this healthy protein when we deep fry it and smother it in a sugary sauce. Enter this lighter, tastier version that I think you will love!

### **INGREDIENTS**

- 3 pounds boneless, skinless chicken thighs
- 6 tablespoons of avocado oil
- ¼ cup finely grated lemon zest (about 3 medium sized lemons). Use a metal rasp or the small grate on a box grater.
- 1 ¼ Tablespoons Himalayan salt
- 2 Tablespoons black pepper

### **INSTRUCTIONS**

1. Preheat oven to 425°F and line a pan with parchment paper.
2. In a small bowl, mix all of the ingredients except the chicken.
3. In a large Ziploc bag add the chicken and pour the sauce over top. Or, use a bowl and a spatula or your hands to evenly coat the chicken.
4. If using a bag, shake it until chicken is evenly coated.
5. Arrange the chicken thighs on the pan, forming them back into the rounds the way they were packaged (meaning, don't unroll them and flatten them out).
6. Bake at 425°F for 30 mins. Turn the chicken pieces using tongs and bake for 5 more minutes.

Serve with roasted veggies or a big salad on the side. Enjoy!