

Lemon-Pesto

Chicken Wings



Recent research found that adding food safety information to recipes led to consumers improving their safe food handling behaviors. Following the food safety information will help you reduce the risk of foodborne illness! For more on safe handling of poultry—when you shop and at home—go to www.fightbac.org.

INGREDIENTS

4 lbs chicken wings, tips removed
 ¾ cup store-bought basil pesto
 1 tbsp crushed red pepper flakes
 1 tbsp lemon juice
 1 tbsp lemon zest

DIRECTIONS

Heat oven to 400 °F.

Clean work area. Wash hands with soap and warm water for 20 seconds. Wash food prep surfaces with warm soapy water.

Place wings in a single layer on a rimmed baking sheet. Wash hands after handling raw chicken.

Place sheet in oven and bake wings for 25–30 minutes or until they are well browned and crispy and the internal temperature of the chicken comes to 165 °F, as measured with a food thermometer. Insert food thermometer in thickest area, avoiding bone. Wash thermometer with hot soapy water after each temperature reading.

While wings are roasting, combine pesto, red pepper flakes, lemon juice and lemon zest (the peel without any of the white pith) in a bowl large enough to hold all wings. When wings are cooked, remove from oven and place in pesto mixture. Toss to coat well.

Hold food hot after cooking (at 140 °F or above), by using a heat source such as an oven, chafing dish or warming tray.