

Paleo Garlic Sesame Chicken Wings with Roasted Summer Vegetables

2 SERVINGS | HANDS ON TIME: 10 minutes | TOTAL TIME: 45 minutes

Windy Meadows Family Farm Chicken Wings, thawed
J & B Farms Green Beans, washed, ends trimmed
Gundermann Acres Summer Squash, washed, ends trimmed
Terra Preta Farm Red Onion, ends trimmed, outer paper layer removed
Farmhouse Kitchen Garlic Sesame Sauce, stirred well before use
Sea salt and fresh cracked black pepper
Olive oil

Preheat oven to 425°F degrees and adjust the oven racks to the middle and top positions.

STEP 1 Pat the chicken wings dry with paper towels and add to a foil-lined baking sheet. Season the chicken with 1 tbsp. oil, 1 tsp. salt and pepper, and toss to combine. Arrange the chicken pieces with at least 1" in between. Roast the chicken wings for 15 minutes.

STEP 2 While the chicken wings are roasting, prepare the vegetables. Chop the onions into slivers, about 1/2" thick. Chop the squash into half moons, about 1/2" thick. Add the chopped onions, squash, and whole green beans to a foil lined baking sheet. Drizzle the vegetables with 1-2 tbsp. oil and season with 3/4 tsp. salt and pepper. Toss to coat and spread vegetables out in an even layer. Set aside.

STEP 3 After 15 minutes, turn the wings over. Add the baking sheet with vegetables to the oven. Roast the vegetables and continuing cooking the wings for 15-20 minutes, or until the internal temperature of the wings reaches 165°F. The wings should have crispy, brown skin and the vegetables should be tender with caramelized edges.

STEP 4 Immediately drizzle half of the garlic sesame sauce over the wings while they are still hot from the oven. Toss to coat. Season with salt, pepper, and additional sauce to taste.

STEP 5 Serve the garlic sesame wings with a side of roasted vegetables. Drizzle the vegetables with any leftover garlic sesame sauce.

Enjoy!