



Glazed Chicken Wings

SERVINGS 5 **PREP TIME** 3 mins **COOK TIME** 30-35 mins

INGREDIENTS

- 1 tbsp **La Fe Vegetable Oil**
- 2 1/2 lb chicken wings, cut apart at joints, wing tips discarded
- 2 medium green onions, thinly sliced including tops (about 2 tbsp)
- 1 tsp crushed red pepper flakes
- 3/4 **La Fe Lemon Juice**
- 3/4 **La Fe Lime Juice**
- 1 can (4.5 oz) chopped green chiles, drained
- 10 lettuce leaves, if desired

For The Taco Seasoning Mix:

- 1 tbsp chili powder
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp crushed red pepper flakes
- 1/4 tsp **La Fe Dried Oregano**
- 1/2 tsp paprika
- 1 1/2 tsp **La Fe Ground Cumin**
- 1 tsp sea salt
- 1 tsp **La Fe Black Pepper**

DIRECTIONS

1. In a 12-inch nonstick skillet, heat La Fe vegetable oil over medium-high heat. Add chicken wings and onions; sprinkle with pepper flakes. Cook uncovered 5 to 8 minutes, stirring occasionally, until browned; drain.
2. Stir in La Fe lemon and La Fe lime juice, green chiles and taco seasoning mix. Increase heat to high; cook uncovered 15 minutes, stirring occasionally. Reduce heat to medium-high; cook 5 to 10 minutes, stirring frequently, until chicken wings are completely glazed, a small amount of glaze remains in the skillet and the juice of chicken is clear when thickest part is cut to bone (180°F).
3. To serve, line serving plates with lettuce; arrange chicken wings over lettuce. Serve immediately.