

# Saucy OHIORED™ WINGS

A twist on the traditional marinade. Consisting of OhioRed™ Tomatoes and Bell Peppers; this marinade will provide the extra spice in your life you were looking for.



## DIRECTIONS:

- Place Tomatoes, Bell Peppers, white onions and garlic cloves in a medium sized pot over medium high heat; approximately 5 minutes.
- Blend cooked vegetables in a food processor until smooth. Add chili flakes and salt & pepper to taste.
- Return sauce into pot. Add olive oil. Bring to gentle boil for 10 minutes. Set aside.
- Rub the chicken wings with Old Bay seasoning.
- When marinade is cool, pour roughly 1/2 the marinade over your chicken wings. Rub wings and allow to marinate in the fridge for at least 12 hours or up to 24 hours. Reserve the remaining half for basting towards the end of cooking
- Preheat your oven to 400 degrees Fahrenheit.
- Place wings on sheet with parchment paper.
- Place baking sheet with the wings on middle rack of preheated oven, allow to cook for 20 -25 minutes.
- Coat the wings with remaining 1/2 of marinade.
- Return your wings to the oven for another 5 minutes or so until desired crispiness.
- Finely chop parsley and sprinkle over the chicken wings.
- Serve and enjoy!

Nutrition Facts	
Serving Size (418g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 630</b>	<b>Calories from Fat 390</b>
% Daily Value*	
<b>Total Fat 43g</b>	<b>66%</b>
Saturated Fat 11g	55%
Trans Fat 0g	
<b>Cholesterol 170mg</b>	<b>57%</b>
<b>Sodium 180mg</b>	<b>8%</b>
<b>Total Carbohydrate 11g</b>	<b>4%</b>
Dietary Fiber 3g	12%
Sugars 6g	
<b>Protein 44g</b>	
Vitamin A 70%	Vitamin C 160%
Calcium 2%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



**Prep time:** 10 Minutes  
**Cook time:** 25-30 Minutes  
**Serves:** 4 People

## INGREDIENTS:

- 3 OhioRed™ Tomatoes on the Vine
- 2 Red Bell Peppers
- 2 lbs. of chicken wings
- 1 white onion
- 5 garlic cloves
- 1 tsp. chili flakes
- 1 tbsp. curly parsley
- 2 tbsp. olive oil
- 3 tbsp. of Old Bay seasoning
- Salt & pepper to taste

## CHEF'S TIP:

Add 2 tbsp. of honey to the marinade to provide some sweetness to your spice.

You can include remaining marinade as a dipping sauce if you wish

**NatureFresh**  
Farms

[naturefresh.ca](http://naturefresh.ca)

