

# Buffalo Air fried chicken Wings

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This Buffalo air fried wing recipe is perfect when your craving chicken wings but want healthy too!!

We've been on a chicken wing kick lately. It all started on my wedding anniversary. When our conversion turned to the first night we met at the Anchor Bar in Buffalo New York , where the famous Buffalo chicken wing originated.

And in our first hole in the wall eatery the lines were out the door for the copycat version of the original Anchor Bar chicken wing.

No wonder Buffalo chicken wings have a special place in my heart and kitchen. It's an extra bonus that chicken wings are a family favorite.

Even with my love for the original deep fried Buffalo Chicken wings, my direction at this age is to take the classics and make them healthier if possible. This Buffalo chicken wing recipe was an easy one to make a little healthier using my air fry

## What I used for these Buffalo air fried chicken wings

The original Anchor bar recipe for Buffalo chicken wings calls for deep frying the wings. You can use the deep frying method

if it fits your lifestyle and taste. If your going the healthier route then air fried is the way to go.

The most important ingredient in the original Buffalo chicken wing recipe and in this air fried version is the Frank's Hot sauce.

I used both sections of the chicken wing cutting off the tip. Feel free to use the whole wing without cutting them if that's your preference.

Please watch the video and please don't forget to leave me a comment here and tag me on Instagram with your creations. I love hearing from you it's my favorite part!!!

## Ingredients

- 2 lbs. chicken wing sections
- 1 stick of butter
- 1/2 cup Franks hot sauce
- 2 Tbs. each ground garlic, onion powder, chili powder and Italian seasoning
- 2 Tbsp. baking powder
- Salt and pepper to taste

## Instructions

1. Wash the chicken wings then pat dry let sit on a cookie sheet in the refrigerator for at a least an hour.
2. Mix the dry ingredients together
3. Use half of the dry ingredients for the chicken wing dry rub add the baking powder to this half. Reserve the remaining spices for the hot sauce
4. Cover the chicken wings and set in refrigerator again for at least an hour
5. Set air fryer to 400 or oven temperature
6. Meanwhile melt the butter add the hot sauce and

remaining dry rub.

7. Air fry or bake the chicken wings for 15 minutes

8. Toss in Buffalo sauce while hot