

Fall-ing Into Football Season Recipes

Oven Baked Garlic Parmesan Wings

Ingredients:

~12 chicken wings
Salt and pepper
2 Tbsp. olive oil
2 Tbsp. butter
2 garlic cloves, minced
2 Tbsp. chopped parsley (dried or fresh)
1/4 tsp. salt
1/3 cup grated Parmesan cheese

Directions:

- 1) Preheat oven to 350 F.
- 2) Place your wings on a foil covered pan. Drizzle with olive oil, salt and pepper on both sides. Bake wings in the oven for 25 minutes.
- 3) While wings are in oven, mix together oil, butter, garlic, parsley and grated parmesan cheese in a bowl.
- 4) When wings are done baking, remove from oven and coat with garlic parmesan mixture. Meanwhile, preheat broiler to high (550 F).
- 5) Place wings back in the oven for another 6-7 minutes, checking often to ensure they are getting brown and crispy.

Recipe adapted from: *Oven Baked Garlic Parmesan Wings* by Creative Me Inspired You

Spicy Thai Chicken Wings

Ingredients:

~12 chicken wings
1 tsp. red pepper flakes
½ tsp. garlic powder (or 2 garlic cloves, minced)
½ cup spicy Thai chili sauce
1 lime, juiced
1 Tbsp. soy sauce
1 Tbsp. sriracha
1 Tbsp. oil
Salt and pepper
Optional: Cilantro for garnish

Directions:

- 1) Preheat oven to 350 F.
- 2) Place your wings on a foil covered pan. Drizzle with olive oil, salt and pepper on both sides. Bake wings in the oven for 25 minutes.

- 3) While the wings are cooking, mix together Thai chili sauce, sriracha, red pepper flakes, lime juice, soy sauce and oil.
- 4) Preheat broiler to high (550 F). Pour the spicy thai sauce mixture over the chicken wings. Place wings back in the oven for another 6-7 minutes, checking often to ensure they are getting brown and crispy.
- 5) Garnish with cilantro (if desired) before serving.

Recipe adapted from *Spicy Thai Chicken Wings* from The Bewitchin' Kitchen

Buffalo Cauliflower Bites

Ingredients:

1 large head cauliflower, cut into bite-size florets

Olive oil to drizzle

2 teaspoons garlic powder

¼ teaspoon salt

⅛ teaspoon pepper

1 tablespoon melted butter

½ to ¾ cup Frank's Buffalo Wing Style hot sauce or other hot wing sauce of choice

Other: 1 gallon or larger size plastic bag

Instructions:

1. Preheat oven to 450F degrees.
2. Place cauliflower florets into plastic bag. Drizzle olive oil over florets to barely coat.
3. Add garlic powder, salt and pepper. Close bag and toss ingredients around so all florets are coated.
4. Place on ungreased cookie sheet or baking pan and bake on middle rack for 15 minutes, turning florets once during baking. Check them at the 10 minute mark for desired tenderness. You don't want them to be soggy!
5. Remove florets from oven. Melt butter in medium glass bowl. Add hot sauce to butter. Toss cauliflower and stir to cover all florets with hot sauce. Start with about half the sauce and add more to your taste.
6. Return to oven and cook for additional 5 minutes.
7. Serve with any dip you like, ranch dressing or Blue Cheese dip.

Recipe from <https://gooddinnermom.com/cauliflower-buffalo-bites/>

Chocolate Avocado Mousse

Ingredients:

2 very ripe avocados

4 ounces 70% cacao baking chocolate, melted

¼ cup unsweetened cocoa powder

⅓ cup milk

⅓ cup maple syrup

½ teaspoon vanilla extract

1/4 teaspoon ground cinnamon

Pinch of salt

optional toppings/dippers: whipped cream, berries, nuts, chocolate pieces, graham crackers

Instructions:

1. In a food processor (or with a hand mixer), combine avocados, melted chocolate, cocoa powder, maple syrup, milk, vanilla, cinnamon, and a pinch of salt.
2. Puree until creamy.
3. Separate into single-serving cups and chill for at least 15 minutes.
4. Top with desired toppings and enjoy.

Recipe adapted from <https://www.gimmesomeoven.com/dark-chocolate-avocado-mousse/>.