Oven-Baked Chicken Wings

2 pounds of chicken wings (if whole, cut into wings and drums)

1 ½ tsp salt

½ tsp pepper

1 ½ tsp smoked paprika

1 ½ tsp chili powder

1 tsp garlic powder

1 tsp onion powder

2 T oil (olive or canola/vegetable)

Sauce of choice

Ranch or Blue Cheese Dip (if desired)

Preheat oven to 450 degrees. Line a large baking sheet with foil. Place a baking rack on top if you have one. Set aside.

Prepare wings if needed. Pat dry with paper towels. In a large mixing bowl, combine all ingredients from salt to oil to make a paste. Add wings to bowl and toss with a spatula until all the wings are well coated. Using tongs, place wings on baking rack, leaving space between wings. Bake 25-30 minutes, or until wings register 165 degrees. Toss in sauce if desired and serve with preferred dip.

Blue Cheese Dip:

In a small bowl, mix ½ cup mayonnaise, ½ cup sour cream, ½ cup blue cheese crumbles, 1 T. white vinegar and 1 clove garlic. Season to taste with salt and pepper. Cover and chill at least an hour.

Ranch Dip:

In a small bowl, mix ½ cup sour cream, ½ cup mayonnaise, 1 tsp. dill, ½ tsp parsley, ¼ tsp onion and garlic powder, ¼ tsp salt, 2 tsp lemon juice, and 1/8 tsp. ground black pepper. Refrigerate for at least an hour before serving. If you want to use as a salad dressing, thin with milk to desired consistency.