



Garlic Parmesan Wings

Serves:	Prep Time:	Cooking Time:	Calories:	Skill Level:
4 People	10 MIN	40 MIN		

Garlic parmesan wings are a delicious combination of crispy chicken wings tossed in a rich garlic butter sauce and finished with savory parmesan cheese. They are full of bold flavor without being overly spicy, making them perfect for any occasion. These wings are easy to make at home and can be baked or air-fried for a crispy texture. Whether you're serving them for game day, parties, or a casual meal, garlic parmesan wings are always a crowd favorite.

Ingredients

- 2 pounds chicken wings
- 4-5 garlic cloves, minced
- 4 tablespoons butter (melted)
- ½ cup grated parmesan cheese
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- Salt and pepper to taste
- 2 tablespoons fresh parsley, chopped

Recipe Summary

- Prep Time: 10 minutes
- Cook Time: 35–40 minutes
- Total Time: 45–50 minutes
- Servings: 4
- Course: Appetizer
- Cuisine: American

Cooking Method

Instructions

1. Preheat oven to **400°F (200°C)**.
2. Pat chicken wings dry with paper towels.
3. Toss wings with olive oil, garlic powder, salt, and pepper.
4. Arrange wings on a baking sheet in a single layer.
5. Bake for **35–40 minutes**, flipping halfway, until crispy.
6. In a bowl, mix melted butter and minced garlic.
7. Toss hot wings in the garlic butter mixture.
8. Sprinkle parmesan cheese and parsley over the wings.
9. Serve immediately.

Cooking Tips

- Dry wings well before cooking for extra crispiness
- Use a wire rack for better airflow when baking
- Add parmesan while wings are hot so it sticks well

Variations

- Air fry at **375°F (190°C)** for 20–25 minutes
- Add chili flakes for a spicy version
- Use roasted garlic for a milder flavor
- Add lemon juice for a fresh twist

What to Serve with Garlic Parmesan Wings

- Dipping sauces (ranch or garlic aioli)
- Celery and carrot sticks
- Fries or wedges
- Fresh salad

Storage

Store leftovers in an airtight container in the refrigerator for up to **3 days**.

Reheating

Reheat in the oven at **375°F (190°C)** for 8–10 minutes to maintain crispiness.

Frequently Asked Questions

Can I use frozen wings?

Yes, but thaw completely before cooking.

How do I make wings extra crispy?

Dry them well and cook on a rack.

Can I air fry these wings?

Yes, air frying works great and gives crispy results.

Recipe Author

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