

Lemon Roasted Chicken Poupon

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Ingredients:

½ Cup dijon mustard
4 Tbsp lemon juice
1 Tbsp olive oil
5 Lbs chicken wings
Salt and Pepper to taste

Directions:

1. Mix ¼ cup mustard, 2 tbsp lemon juice, and olive oil in a small bowl
2. Preheat oven to 425
3. Season chicken with salt and pepper
4. Brush chicken with mustard mixture
5. Place chicken on baking rack over cookie sheet. Bake for 30 minutes each side.
6. Mix ¼ cup mustard and 2 tbsp lemon juice
7. Brush mustard mixture over cooked chicken