



**CBS SPORTS  
NETWORK**

# LAILA ALI'S RECIPES



## Baked Buffalo Chicken Wings



### Ingredients

- 4lbs chicken of wings cut into drumettes and wings (tips discarded)
- 1 tablespoon sea salt
- 1 tablespoon onion powder
- ½ tablespoon garlic powder
- ½ tablespoon paprika
- ½ tablespoon black better
- Juice of 1 lemon
- Spray oil (avocado or coconut)

**Serves: 6-8 people as a starter**

### Instructions

- Preheat oven to 350 degrees on the convection bake setting. (If you don't have a convection oven, pre heat to 375.)
- Prepare your wings by rinsing them and removing the excess water with paper towel. Put the wings in a large bowl. Add all of the spices and the lemon juice. Toss the wings until evenly coated, Set aside. (Note: For more flavor, you can do this the day before and leave in fridge overnight to marinate).
- Coat a large baking pan with a thin layer of spray oil. Put the wings on the pan in a single layer. If you run out of space, put the remaining wings on a 2nd pan that has been sprayed with oil. Spray a thin layer of oil over all of the wings.
- Put the baking pan(s) in the oven and bake for 40 min. Next, turn the heat up to 400 degrees and cook for another 15 min or until the wings are crispy. (425 for non-convection ovens). Remove wings from the oven and let them cool down for 5-10 min. Next toss your wings in your favorite sauce. I like to use BBQ sauce, buffalo wing sauce or sweet chili sauce.



## Oven Baked Quinoa & Parmesan Crusted Shrimp



### Ingredients

- 1 lb of peeled, deveined shrimp with tail on
- 1 cup quinoa flour
- 1 cup panko crumbs
- 3 eggs, beaten
- 1 teaspoon garlic powder
- Salt and pepper to taste
- 3-4 tablespoons finely grated parmesan cheese
- Spray oil (coconut or avocado oil)

**Serves: 6-8 people as a starter**

### Instructions

- Preheat oven to 375 degrees. Spray a large baking pan with oil and set aside.
- Combine eggs, garlic powder, salt and pepper in a mixing bowl. Put quinoa flour in a 2nd bowl and panko crumbs in a 3rd bowl.
- Dredge each shrimp into the bowl of quinoa flour, and coat evenly. Next, dip them into the egg mixture. Lastly, coat each shrimp in panko crumbs. Once each shrimp is coated fully, place it on the baking pan forming a single layer.
- Once all the shrimp are on the pan, coat them evenly with spray oil. Put in the oven and bake for 15 min or until they look golden and crispy.
- Remove from the oven and sprinkle the parmesan cheese over the shrimp. Return to the oven for 3-5 min or until cheese begins to melt.
- Remove the shrimp from the oven, let cool for about 5 min and serve.



## Portobello Mushroom Stuffed with Crab & Spinach



### Ingredients

- 6 large Portobello mushrooms
- 4 cups spinach, chopped
- 3 cups of premium crabmeat
- 1 cup onion, finely chopped
- ½ cup sundried tomato
- 1 teaspoon fresh thyme
- ½ teaspoon paprika
- 1 tablespoon minced garlic
- Cheese mixture: 1 cup of mozzarella cheese, 1 cup pepper jack cheese
- 1 cup fat-free sour cream
- Salt and pepper
- 2 tablespoon cooking oil

**Serves: 6**

### Instructions

- Preheat oven to 375 degrees.
- In a large skillet, sauté onions in 1 tablespoon of cooking oil, on medium-low heat for about 5 minutes or until they begin to sweat. Add spinach, sundried tomato, crabmeat, thyme, paprika, to pan. Continue to sauté on medium heat for 3-5 additional min. Add sour cream and a few pinches of salt and pepper (to taste) and mix well.
- Remove from heat and set aside.
- Next, mix remaining 1 tablespoon of oil and minced garlic in a small dish. Brush the mixture on the back-side on each Portobello mushroom. Place the mushrooms on a large backing pan. Spoon the filling into each mushroom cup and pack it down neatly.
- Put the pan in the oven and bake for 12-15 min. Remove from oven and sprinkle cheese mixture over the top of each mushroom.
- Lastly, return to the oven and bake for 3-4 minutes or until cheese is fully melted. Remove from the oven and serve immediately.