

- **Chicken Wings:** The most common use is to season chicken wings. Coat the wings with the rub before baking, grilling, or air frying for a spicy crust.
- **Chicken Breast or Thighs:** Apply the rub to chicken breasts or thighs before grilling, baking, or pan-frying.
- **Vegetables:** Toss with veggies and olive oil before roasting or grilling.
- **Popcorn:** Sprinkle popcorn for a tangy, spicy snack.
- **French Fries or Potato Wedges:** Season French fries or potato wedges before baking or frying.
- **Nuts:** Toss nuts like almonds, cashews, or peanuts with a bit of oil, then roast them for a spicy, crunchy treat.
- **Tofu and Tempeh:** Coat tofu or tempeh before grilling or baking.
- **Burgers:** Mix into ground beef, turkey, or chicken before forming burger patties. It adds a spicy, tangy flavor.
- **Eggs:** Add a pinch to scrambled eggs, omelets, or deviled eggs for a spicy twist.
- **Mac and Cheese:** Sprinkle into mac and cheese for a spicy, tangy variation on the classic comfort food.
- **Roasted Chickpeas:** Toss with chickpeas and olive oil. Rub, then roast until crispy for a crunchy, spicy snack.
- **Dips and Spreads:** Mix into cream cheese, Greek yogurt, or sour cream to make a spicy dip for chips, vegetables, or crackers. It can also be added to hummus for an extra kick.

# Buffalicious Wing Rub



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