

What's Cooking? Recipe

Honey Mustard Chicken Wings

Yield: Makes 20 chicken wings

Ingredients

- 8 cloves garlic, peeled and crushed
- 2 Tbsp honey
- 2 Tbsp Dijon mustard
- 1 1/2 Tbsp regular soy sauce
- 2 Tbsp lemon juice
- 1/4 cup olive oil
- 2 teaspoons salt
- 1 teaspoon freshly ground pepper
- 20 chicken wing drumettes

Method

1 Rinse and pat dry the chicken wing drumettes. Place them in a large bowl or a marinade bag. Mix together the following—crushed garlic cloves, honey, mustard, soy sauce, lemon juice, olive oil, salt and pepper—pour over the chicken wing drumettes to coat well. Chill for at least an hour or up to 24 hours.

2 Preheat oven to 400°F. Line a roasting pan with foil and place a baking rack over it. Place the chicken wings in on the rack in a single layer with some space between the wings. Bake for 25-35 minutes, depending on the size of the chicken wing drumettes, until cooked through and well browned

Nutrition Info: 222 kcal; 16.6g fat (sat 4.4g), Sodium 519 mg, Protein 16.3g, Carbs 2.4g

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