

STICKY LICKY CHICKEN WINGS

Original recipe by Carol Dollar (Atlanta)

Makes 5 servings (2 wings)

Ingredients:

- ◆ 2 tbsp. margarine or butter
- ◆ ½ cup honey
- ◆ ½ cup light teriyaki sauce
- ◆ ½ cup yellow mustard
- ◆ 2 Tbsp. ketchup
- ◆ 1½ tsp. curry powder
- ◆ 10 chicken wings, rinsed

How to make:

Kids: Preheat oven to 350°F.

Adults: Melt margarine or butter. Combine honey, teriyaki sauce, mustard, ketchup, melted butter and curry powder in a large bowl. Coat a large roasting pan with cooking spray.

Kids: Dip each piece of chicken into the mixture until well coated. Place each coated wing in the pan, wing tips up. Pour any remaining sauce over the wings.

Adults: Bake for 45 minutes, basting occasionally. Remove from oven and transfer to a plate or platter.

Serve as an appetizer or for a fun party snack.

Yum! These wings are really finger licking good!

HEALTHY RECIPE MAKEOVER HOW-TO:



The fat is halved! Ketchup is added for more health-fighting power and flavor punch.

Did you know?

You can remove even more fat from this recipe by removing the skin of the chicken wings. If removing skin, then use 15 wings, not 10. It'll make three wings per serving instead of two!

Nutrition Info per serving:

420 Calories, 23 g Carbohydrates, 2 g Protein, 23 g Total fat, 5 g Saturated fat, 55 mg Cholesterol, 1 g Dietary Fiber, 930 mg Sodium, 10% Vitamin A, 4% Vitamin C, 4% Calcium, 10% Iron