

Pineapple-Soy Glazed Chicken Wings

From the King County Public Health Recipe Cookbook

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Appetizers/ChickenNuggets.aspx>

Ingredients

- Nonfat cooking spray
- 3 pounds frozen chicken drumettes (28-30 count)
- 1/4 cup packed brown sugar
- 1 tablespoon corn starch
- 2 teaspoons fresh ginger, grated
- 1/2 teaspoon crushed red pepper flakes
- 1/2 cup pineapple juice
- 1/2 cup low-sodium chicken broth
- 2 tablespoons low-sodium soy sauce
- 1/4 cup green bell pepper, seeded and diced

Instructions

1. Preheat oven to 400°. Spray a baking pan with nonfat cooking spray. Spread wings in pan then bake for 50 minutes or until skins are crispy.
2. In a small saucepan, combine the brown sugar, corn starch, ginger, and red pepper flakes and heat over medium heat. Stir in the pineapple juice, broth, soy sauce and bell pepper then stir until combined. Cover and let simmer for 15 minutes or until heated through.
3. Using a pastry brush, brush wings with the glaze on all sides then continue to bake for another 10 minutes. Place wings in a serving tray with the remaining glaze in a small serving bowl as extra dip.

Makes 30 servings (*1 drumette per serving*)

Nutrition information per serving:

Calories 123
Carbohydrate 3 g
Dietary Fiber 0 g
Sugars 2g
Protein 14 g
Total Fat 6 g
Saturated Fat 2 g
Trans Fat 0 g
Cholesterol 47 mg
Sodium 209 mg



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