



Sweet & Sour Chicken Wings

Makes about 24 wings

2 pounds chicken wings
½ tsp. salt
½ tsp. black pepper
2/3 cups orange marmalade
½ cup ketchup
2 TBS soy sauce
2 TBS molasses
2 TBS lemon juice
1 tsp. Worcestershire sauce

Rinse chicken wings. Separate the flat part of the wing from the drumette. Cut off the tips and keep for future use.

Heat oven to 425 degrees. Line a baking sheet with foil. Brush lightly with some oil.

Season the cut wings generously with salt and pepper. Place the wings on the sheet – in an individual layer – and roast for 15 to 20 minutes. Make sure you are not piling the wings on top of each other because they will steam rather than crisp.

While the wings are roasting – whisk together the orange marmalade, ketchup, soy sauce, molasses, lemon juice and Worcestershire sauce in a small pan. Bring the sauce to a soft simmer, stirring occasionally, until sauce thickens a bit.

Using tongs, carefully remove the wings from the pan into a bowl. Pour the ½ of the sauce mixture into the bowl. Toss wings to coat well.

Return wings to baking sheet and cook for another 15 to 20 minutes – until crisp and fully cooked through.

Place cooked wings into a platter and serve with extra sauce for dipping. Enjoy!

4 wings - CALORIES 440.74; FAT 23.12 grs (sat 2.89; mono 9.6; poly 5.15); PROTEIN 28.12grs ; FIBER 0.17 grs; CARBS 27.36 grs; CHOLESTEROL 115.19 mg; IRON 2.14 mg; SODIUM 949.65 mg; CALCIUM 19.5 mg