

Sweet & Sour Chicken Wings



The honey in this recipe gives these wings a very satisfying sweetness. The recipe calls for Tyson frozen wings which I couldn't find so I used my grocer's brand and they were just as good. I forgot the celery sticks and ranch dressing when I made mine, but consider this a heads up!

Ingredients:

3 lbs. chicken wings (can use the frozen ones -Tyson's)
1/2 c. honey
1 tsp. garlic powder
2 tbsp. brown sugar
1/4 c. ketchup
1/4 c. soy sauce



Tip:

If you enjoy dipping your wings in extra sauce, double the glaze recipe.

Instructions:

1 Place chicken wings in a large saucepan and cover with water. Bring to a boil. Cover and cook on low heat for 15 minutes.



2 Combine all other ingredients. Dip each wing into sauce and place on foil-lined baking sheet. Bake wings at 350 degrees for about 1 hour.

3 Baste frequently with sauce- this is important. I think I basted them every 15 minutes. I think it's a good idea to turn them once as well because the side facing down browned first.



Serve the wings hot. They can be grilled on the barbeque but don't take your eyes off them - the sauce burns very quickly!

One more thank you to our long time message board member who so graciously donated another great recipe to the "Board Broads" recipe book!

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