



Sticky Wings

Makes: 6 servings

Prep Time: 5 minutes Cook Time: 1 hour 10 minutes

Total Time (not incl refrig time): 1 hour 15 minutes

Ingredients

- 3 pounds chicken wings, split, wing-tip removed
- 1 cup honey
- 1/2 cup soy sauce
- 1/2 cup packed brown sugar
- 1/4 cup ketchup
- 2 tbsp Heinz chili sauce
- 1/2 tsp garlic powder
- 1/2 tsp grated fresh ginger

Instructions

Coat a 13 x 9-inch baking dish with non-stick cooking spray. Place the wings in the dish and set aside.

In a small saucepan, combine honey, soy sauce, brown sugar, ketchup, chili sauce, garlic powder and ginger. Bring to a boil over medium-high heat. Once boiling, pour honey mixture over chicken wings. Cover and marinate in refrigerator for a few hours or overnight.

Preheat oven to 375°F. Remove wings from refrigerator and cover with aluminum foil. Bake in marinade for 55 minutes, stirring occasionally. Remove foil cover and bake wings for an additional 15 minutes or until sauce is thickened.

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