

Chicken

Peanut Chicken Wings

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Preparation Time: 15 minutes

Bake Time: 35 minutes

2 pounds chicken wings
2 tablespoons creamy peanut butter
1 tablespoon lemon juice
1 tablespoon canola oil
1 tablespoon reduced-sodium soy sauce
1/2 teaspoon salt
1/2 teaspoon chili powder
1/2 teaspoon browning sauce (optional)
dash garlic powder

Cut the chicken wings into three sections. Discard the wing tip sections.

In a large resealable plastic bag, combine the peanut butter, lemon juice, oil, soy sauce, salt, chili powder, browning sauce (if desired) and garlic powder.

Add the wings, seal the bag. Turn to coat.

Refrigerate overnight.

Drain and discard the marinade.

Preheat the oven to 375 degrees.

Transfer wings to a greased 13x9-inch baking dish.

Bake, uncovered, for 35 to 40 minutes or until the chicken juices run clear, turning every 10 minutes.

Yield: 8 wings

Per Serving (excluding unknown items): 1226 Calories; 92g Fat (68.7% calories from fat); 91g Protein; 4g Carbohydrate; 1g Dietary Fiber; 378mg Cholesterol; 2036mg Sodium. Exchanges: 0 Grain(Starch); 12 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 10 1/2 Fat.