

Mini Chicken Legs

Julie Gawle

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

*12 chicken wings
2 tablespoons butter
5 ounces soy sauce
1 tablespoon sugar
3 tablespoons red wine
pinch garlic powder*

Trim the chicken wings, use only the part that resembles a chicken leg.

In a heavy skillet, brown the chicken pieces in butter.

Place the chicken in a 9x12-inch flat baking dish.

In a bowl, combine the soy sauce, sugar, wine and garlic powder. Mix well. Pour over the wings.

Bake for 10 minutes in a 325 degree oven.

Turn the wings. Baste with the sauce in the dish.

Continue baking for 10 minutes. Do not overbake.

Per Serving (excluding unknown items): 1664 Calories; 117g Fat (65.2% calories from fat); 115g Protein; 25g Carbohydrate; 1g Dietary Fiber; 515mg Cholesterol; 8793mg Sodium. Exchanges: 15 Lean Meat; 3 Vegetable; 14 Fat; 1 Other Carbohydrates.