

Firecracker Wings

SOURCE: Dierbers.com

(Tested by Dierbergs Home Economists)

INGREDIENTS:

1 TBS chili powder
2 tsp cayenne pepper, divided
1/2 tsp salt
1 bag (3 lbs) frozen chicken drummettes|
1 bottle (12 oz) chili sauce
1/3 C honey
4 cloves garlic, minced

DIRECTIONS:

In small dish, combine chili powder, 1 1/2 tsp cayenne + salt. Add to bag of frozen chicken wings; seal bag - shake till well coated. Place chicken on well-oiled grid over medium-high heat. Cover and grill 25-30 minutes, turning occasionally, till chicken is cooked through. Meanwhile, in 2-cup glass measure, combine chili sauce, honey, garlic + remaining 1/2 tsp cayenne. Microwave (high) for 2 minutes; stir. Brush sauce over wings during last few minutes of cooking time. Serve warm.

Makes: 6-8 appetizer servings

[Per serving (1/8 recipe): Calories 512; Fat 31 g; Cholesterol 138 mg; Sodium 1720 g; Carbohydrate 28 g; Protein 29 g; Fiber 1 g]