

SWEET AND SPICY CHICKEN WINGS RECIPE

Ingredients:

2 cloves garlic minced
1 medium onion finely minced
1/3 cup light soy sauce
2 tbsp rice vinegar
1 tbsp olive oil
3 tbsp honey
2 tbsps sesame seeds
1/2 tbsp ground black pepper
1/4 tbsp red pepper flakes

2 lbs chicken wings

Directions

Whisk together garlic, onion, soy sauce, rice vinegar, honey, sesame seeds, black pepper, and red pepper flakes in a small bowl or measuring cup.

Place chicken wings into a gallon zip top bag and pour half of marinade over chicken wings, squeeze to remove as much air as possible and refrigerate overnight up to 24 hr. Store remaining marinade in an airtight container to use when baking chicken wings.

When ready to cook, preheat oven to 400° F. Spray rimmed baking sheet with nonstick cooking spray or line pan with parchment paper. Place chicken wings onto baking sheet pan. Bake 30 minutes. Brush with remaining marinade and then bake an additional 15 minutes.