

BBQ Chicken Wings

Quick and Easy

Prep time: 15 minutes Cook time: 30 minutes

Ingredients:

½ cup teriyaki sauce
½ cup oyster sauce
¼ cup reduced sodium soy sauce
¼ cup ketchup
2 tsp garlic powder
2 dashes liquid smoke flavoring
¼ cup gin, optional
3 lbs chicken wings

2 Tbsp honey

Instructions:

1. In a large bowl, mix teriyaki sauce, oyster sauce, soy sauce, ketchup, garlic powder, liquid smoke and gin if using.
2. Place chicken wings in bowl with marinade, mix well, cover and place in refrigerator 8 hours or overnight.
3. Preheat grill for low heat. Lightly oil the grate. Arrange chicken on grill and discard remaining marinade. Grill the chicken on one side for 15 minutes, then turn and brush with honey. Continue grilling for 15 minutes, or until juices run clear.

Serves: 6

Source: adapted from allrecipes.com

Nutritional analysis per serving: calories 570, calories from fat 320, total fat 36g, saturated fat 9g, trans fat 0 g, cholesterol 170mg, sodium 1100mg, total carbohydrate 10g, dietary fiber 0g, sugars 8g, protein 43g, vitamin A 8%, vitamin C 2%, calcium 0%, iron 10%

Serve with fresh veggie sticks and your choice of dipping sauce.

