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Golden Mustard Wings (With a Lil' Curry)

Ingredients:

Drumettes (with skin and fat trimmed), 3 lbs.

Coconut oil, 1 tbsp

Apple cider vinegar, 1 tbsp

Garlic, 1 tsp

Turmeric, 1/2 tsp

Curry powder, 1 tsp

Raw honey, 1/4 cup

Fresh parsley, chopped for garnish

Lemon for garnish

Directions:

1. Set oven to 420 degrees F.
2. Trim excess fat and large pieces of skin from the drumettes or wings using a sharp knife or food scissors. This is important to reduce the amount of calories—just be careful not to cut the protein. You can cut the calories of each chicken wing by up to 15 calories! So, imagine if you eat 10 wings— that's 150 fat calories you saved!
3. Place the wings in a bowl, add a few pinches of sea salt and pepper, and mix together.
4. Place the wings on a baking rack (recommended) or a nonstick baking sheet. Before placing the wings in the oven, spray them with olive oil so that the outside gets somewhat crispy while baking.
5. Bake in the oven for about 35 minutes at 420 degrees F. Keep in mind that cooking times may vary depending on the amount of chicken.
6. Set a nonstick or cast-iron skillet on medium-high heat and add the coconut oil. Once it has melted, toss in all of the ingredients for the sauce. Stir it together with a spatula, and bring it a simmer.
7. Once it has simmered for about 2 minutes, remove the skillet from the heat and allow the sauce to thicken.
8. Place about a pound of the wings in a large bowl and add a few tablespoons of the sauce from the bowl. Toss the wings in the sauce until all of them are fully coated. A little sauce goes a long way, so don't overdo it! Repeat until all the wings have been covered.

