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Tangy Balsamic Glaze Wings

Ingredients:

Drumettes (with fat and skin trimmed) 2 lbs.
Balsamic glaze 1/3 cup
Chili powder 1 tsp (optional)
Lime juice 1/2 lime
Fresh green onion, chopped garnish
Lime for garnish
Sea salt crystals for garnish (optional)

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. Mix together the ingredients for the sauce in a glass bowl. Before tossing the baked wings in the sauce, heat the sauce in the microwave for about 1 minute.
7. Place about a pound of the wings in a large bowl and add a few tablespoons of the sauce of 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.