

DIJON CHICKEN WINGS

Adapted from Southern Living

Ingredients

- 24 chicken drumettes*
- 1½ tablespoons olive oil
- 1 teaspoon salt
- 1 teaspoon garlic powder
- ¼ teaspoon black pepper
- 1/3 cup Dijon mustard
- 2 tablespoons honey
- Juice from 1 large lemon

Instructions

Preheat the oven to 450 degrees. In a large bowl combine oil, salt, garlic, and pepper. Pat chicken dry with a paper towel. Add chicken to the mixture and toss to coat. Line a baking sheet with foil and arrange chicken drumettes on the foil. Bake for about 30 minutes.

Meanwhile, combine mustard, honey, and lemon juice in a small bowl. Remove the baking sheet from the oven. Using tongs, dip the hot chicken in the mustard mixture and toss until well coated.

Place the mustard-coated wings back on the baking sheet and bake for another 5-10 minutes or until fully cooked (should register 165 degrees).

Note:

-*Drumettes are the meaty part of the wing that look like mini drumsticks.

Yield: 6 servings

NUTRITION FACTS PER SERVING (4 wings)

CALORIES: 260

PROTEIN: 16 grams

SODIUM: 380 milligrams

CARBOHYDRATE: 7 grams

FIBER: 0 grams

FAT: 18 grams

SATURATED FAT: 5 grams