

## GLAZED CHICKEN WINGS

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Makes 6 servings

Prep Time: 15 minutes

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**3 pounds chicken wings**

**1 cup soy sauce**

**½ cup red wine**

**½ cup sugar**

**¼ teaspoon ground ginger**

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*Preheat oven to 400 degrees.*

- 1) Take chicken wings and tuck tip under main portion of wing. Arrange wings in a roasting pan large enough to hold them in one layer. Typically all the wings should fit tightly in a 15x10-inch baking pan.
  - 2) In a small saucepan, heat soy sauce, wine, sugar and ginger over moderate heat. Stir until sugar is dissolved.
  - 3) Pour liquid evenly over wings.
  - 4) Bake wings in middle of oven for 45 minutes. Remove from oven. It will seem like there is far too much liquid but all is OK! Turn wings over using tongs and bake until cooking liquid is thick, about 45 minutes to 1 hour more.
  - 5) Transfer wings to serving plate and serve.
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Per serving (approximate values): 467 Calories; 26.1 g Fat (52.3% calories from fat); 32.5 Protein; 21.1 g Carbohydrate; 126mg Cholesterol; 2875mg Sodium.