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Easy, Tasty Chicken Wing Recipes

By Rachel Paxton

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by: **Rachel Paxton**

You can serve chicken wings hot or cold, for a meal, or for snacks. They're great as appetizers at parties, or when you're just looking for a tasty midnight snack. Try these four easy recipes:

Baked Chicken Wings 1/2 c. margarine, melted 1 t. dijon mustard 3 c. multi-grain flaked cereal
16-18 chicken wings, broken into two pieces 1/2 c. grated Parmesan cheese 4 t. finely chopped
parsley

Preheat oven to 350 degrees. In glass pie plate, combine melted margarine and mustard. In medium bowl, combine cereal crumbs, Parmesan cheese and parsley. Spoon onto waxed paper. Roll chicken pieces in margarine mixture, then in cereal mixture to coat completely. Place on rack in baking pan; drizzle with remaining margarine mixture. Bake 35-40 min., or until golden brown.

Hot Chicken Wings 12-15 chicken wings 1/2 c. (1 stick) butter or margarine, melted 1/4 c. Red Hot Durkee's Sauce (or more to taste)

Split wings at each joint and discard tips. Bake in 425 degree oven until crisp, turn halfway through. Drain. Combine hot sauce and butter until butter is melted, stir to mix thoroughly. Dip wings in sauce to coat completely. Arrange on plate.

Sweet and Sour Chicken Wings 3 lbs. chicken wings Accent seasoning Oil 1 c. water Cornstarch
Garlic powder Beaten egg

Sauce: 3/4 c. sugar 3 or 4 tbsp. catsup Dash of salt 1/2 c. white vinegar 1 tsp. soy sauce 1/4 c.
chicken stock 1 tsp. Accent seasoning

Cut wings into thirds. Boil tips in water for 5 min. for the stock. Sprinkle remainder of wings with garlic powder and Accent and let set for 1 hr. Dip wings into cornstarch, then beaten egg. Brown in oil on

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high heat. Place in 9x13 pan. Cover with sauce. Bake at 325 degrees for 1 hour.

Teriyaki Chicken Wings 12–15 chicken wings 1/3 c. water 1/4 tsp. pepper 1/3 c. soy sauce 1/4 c. brown sugar 2 green onions (diced) 1/3 c. cooking sherry (optional) 1/2 tsp. ginger

Combine all ingredients for marinade, heat just to dissolve sugar. Separate wings, pour marinade over. Refrigerate overnight. Place wings in greased pan. Pour marinade over, cover with foil. Bake for 30 min. at 375 degrees. Remove foil, bake 5–10 min. longer to crisp.

Rachel Paxton is a freelance writer and mom who is the author of *What's for Dinner?*, an e-cookbook

containing more than 250 quick easy dinner ideas. For more recipes, organizing tips, home decorating, crafts, holiday hints, and more, visit [Creative Homemaking](#) at

Searching For A Wing Sauce Winner

By Chris McCarthy

Buffalo wings were born in 1964 when Anchor Bar (in Buffalo, New York) co-owner Teresa Belissimo decided to fry up a batch of chicken wings, mix them with a secret wing sauce and serve them to her son Dominic and his friends. The dish was an instant hit and soon formed part of the bar's regular menu. Ideally, chicken wings are crispy on the outside, moist on the inside and coated in a rich wing sauce and served with celery sticks and bleu cheese dressing.

When you want chicken that's loaded with flavor, the wing parts are your best bet. The chicken skin might not be a heart surgeon's idea of the perfect health food since it's got a lot of fat, but when it comes to great taste, you can't go wrong with chicken wings dipped in a great wing sauce. It's especially yummy when grilled to a crisp crackling bronze.

Wing Sauce - Mild or Wild?

With the large skin surface of the chicken wing, it's able to thoroughly take on the character of any sauce or marinade used on it. Several pounds of wings can soak up a variety of flavors and aromas while grilling at the same time. This is what makes wings so highly addictive.

Wing sauces come in a wide array of flavors, ranging from the mild to the wild.

Wing Sauce - Low-Fat Secrets of the Experts

Sinful but incomparable - chicken wings is the quintessential finger food. Enjoy it grilled, baked or fried. Now the secret to tasty chicken wings is the Wing Sauce. Some chicken wing recipes do not call for a Wing Sauce, like the famous Buffalo wings. However, Buffalo wings are deep fried with the skin

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making them quite the health hazard. How do you enjoy great chicken wings without all the harmful calories? Below are some useful suggestions.

Wing Sauce Wonders

To make low-fat chicken wings is simple - do not fry them. Use skinless drumettes if possible. Bake them in a rack to remove most of the oil. This, however, will most certainly remove most of the flavor. Do you really have to compromise the taste for a healthier dish? Certainly not! The plain secret is the use of Wing Sauce sauces.

Wing Sauce infuses your chicken with flavor. A good way to prepare low-fat wings is to use a ready-to-consume wing sauce as a marinade, bake the wings on a grill, and then coat it again with the sauce just before serving. Lack of oils when marinating or cooking can leave meat rather dry though so for a more moist and tender meat texture, you can marinate the meat in a lemon or vinegar-based marinade. This will make the meat tenderer - however, make sure not to overdo it as you may end up with an overly mushy texture.

If you will be using actual chicken wings instead of drumettes, make sure to remove the tips because they have nothing but fat and skin. A thick sauce can prevent the fat from dripping out of the chicken, so if you are going to use ready-to-consume sauces as a Wing Sauce, you should dilute it a bit with

water. Make sure that the oven or grill is very hot to melt away most of the fat.

Chris McCarthy is the owner of

, a portal that sells a wide collection of

bbq sauce, hot sauce, condiments and of course wing sauce

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