

Honey Garlic Chicken Wings

Ingredients:

- 24 chicken wings
- 3 tablespoons vegetable oil
- ¼ cup (4 tablespoons) of Honey from the Hives of **The Burrs and the Bees**
- ½ teaspoon baking soda
- ½ cup soy sauce
- 2 tablespoons distilled white vinegar (or lemon juice)
- 2 cloves garlic, minced (or 2 tablespoons minced garlic)
- 2 green onions finely chopped
- ½ cup sesame seeds (optional)



Instructions:

1. Combine oil, honey, vinegar, soy sauce, garlic and onion in a large Ziploc bag; mix well.
2. Cut wing tips off and cut at joints; add to Ziploc bag; put in refrigerator for min 3 max 5 hours.
3. Remove wings from marinade and BBQ over medium heat for 10 minutes; baste with marinade; sprinkle half of sesame seeds over wings and BBQ for 10 more minutes.
4. Turn, baste and sprinkle the other half of sesame seeds; BBQ for about another 10-15 minutes, until crispy and gold in colour.

(to cook in oven)

1. Preheat oven to 350 degrees F
2. Cover a cookie sheet with foil, and arrange the wings on the sheet. Pour half of marinade over all, and sprinkle with the sesame seeds.
3. Bake for 45 minutes, optionally turning at 20 minutes, re-marinade and sesame seed.

Serves 6

Nutritional Information per Serving unavailable