

Sweet and Spicy Wings with Honey Mustard

Prime Ingredient is Honey

1 cup cider vinegar
2 tablespoons grapeseed oil
2 tablespoons Worcestershire sauce
1 tablespoon chili powder
1 teaspoon paprika
1 teaspoon red pepper flakes
1 teaspoon salt
1 teaspoon pepper
3 tablespoons honey
4 lb chicken wings (about 24)

For the sauce:

2 tablespoons honey
¼ cup Dijon mustard
Pinch of The Prime Ingredient Mediterranean Spice Blend

To make the marinade: In a small bowl stir together the vinegar, oil, Worcestershire sauce, chili powder, paprika, red pepper flakes, salt, and pepper. Place the chicken wings in a large plastic food storage bag and pour in the marinade, reserving ½ cup of the marinade. Add 3 tablespoons honey. Seal the bag tightly and toss gently to distribute the marinade. Refrigerate for several hours or overnight, turning and tossing the chicken occasionally.

Meanwhile, make the honey mustard. In a small bowl whisk together 2 tablespoons honey and Dijon mustard. Add a pinch of Mediterranean Spice Blend. Cover and refrigerate.

Preheat the oven to 350 degrees. Remove the wings from the marinade and place on a foil lined sheet pan. Cook for 30 minutes and then baste with the reserved honey marinade occasionally for another 15 minutes or until cooked through.

Serves 6-8 as an appetizer