



Sweet and Spicy Chicken “Wings”

INGREDIENTS:

4- 4 ounce Chicken Breast
1/4 cup Cornstarch
1/4 cup Egg substitute
1/4 cup Water
1/2 cup Honey
1/2 tablespoon Hot sauce, Tabasco
1/4 cup Low sodium soy sauce
1 teaspoon Crushed red pepper flakes
1/2 Tablespoon Orange juice concentrate
2 teaspoons Cornstarch
2 teaspoons Water, cold

PREPARATION:

- Preheat oven to 350° F.
- Cut each chicken breast into 4 pieces to create “wings”.
- Coat the chicken by dipping the chicken into the egg substitute and then tossing it in the cornstarch. Shake excess cornstarch from the chicken “wing” and place on a greased sheet tray.
- Bake coated chicken in oven for 5-7 minutes or until internal temperature has reached 160 degrees. (Once removed from oven, the chicken will carryover cook to 165 degrees.)
- For the sauce, in a small sauce pan mix the honey, hot sauce, soy sauce, crushed red pepper flakes and orange juice concentrate on medium heat.
- In a small bowl mix the cornstarch and cold water, making cornstarch slurry.
- Once the sweet and spicy sauce has come to a simmer, add the cornstarch slurry to thicken the sauce. Add more or less to adjust thickness.
- Toss the baked chicken with the sauce and enjoy!

**Chef’s Note: This dish is great for football season! You can share with your friends as an appetizer, 1 chicken breast will serve 2 people. Or serve it up with your favorite vegetables or salad for dinner.*

Yield: 4 servings

Calories: 280

Fat: 3 grams

Carbohydrates: 39

Fiber: 0 grams

Protein: 28 grams

