



Sriracha Teriyaki Wings



1/6th of recipe (about 3 pieces): 234 calories, 13.5g total fat (3.5g sat. fat), 837mg sodium, 8.5g carbs, 0g fiber, 5.5g sugars, 18.5g protein

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Prep: 15 minutes, plus 1 hour to marinate **Cook:** 15 minutes



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Ingredients

1/2 cup thick teriyaki sauce or marinade
2 tbsp. sriracha hot chili sauce
2 tsp. reduced-sodium/lite soy sauce
9 chicken wings, tips removed, drumettes and flats separated (see tips below)
1 tsp. sesame seeds
1/2 tsp. chopped garlic
2 tbsp. chopped scallions

Directions

In a medium bowl, combine teriyaki sauce, sriracha sauce, and soy sauce. Mix well. Place chicken in a large sealable container or bag. Add half of the sauce mixture, coat well, and seal. Cover and refrigerate for 1 hour.

Add sesame seeds and garlic to the remaining sauce mixture, and stir well. Transfer half of this mixture to a second bowl, and reserve for tossing the cooked wings.

Bring a grill sprayed with nonstick spray to medium heat. Grill wings for 5 minutes with the grill cover down. (Discard excess marinade.)

Brush the tops of the wings with half of the sauce in the first bowl. Flip wings, and brush the other sides with remaining sauce in the first bowl. With the grill cover down, cook 5–7 minutes, or until chicken is cooked through and slightly blackened.

Place wings in a large bowl. Add sauce from the second bowl, and toss to coat.

Top with scallions.

MAKES 6 SERVINGS

HG Tips: To remove the tips, pull them apart from the flats, making a "V" shape; then cut directly into the center of the "V." To separate the wings, pull them apart so the tendon separates, and cut parallel to the drumette right at the tendon. When in doubt, ask the butcher to separate them for you.

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