

## Recipe: Honey-Dijon Wings

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Serves 4

12 chicken wings (about 2 1/2 lbs)

Lemon wedges for garnish ( for the glaze)

1 tablespoon Dijon-style mustard

2 tbsp honey

1tbsp of balsamic vinegar or cider vinegar

1 tbsp of fresh lemon juice

2 cloves of garlic, minced

1/2 tsp of paprika

- Preheat oven to 400F. Spray rack of roasting pan with vegetable cooking spray
- To prepare glaze, in a small bowl, combine honey , mustard, vinegar, lemon juice, garlic and paprika. Mix well.
- Place wings in roasting pan. Brush with glaze. Bake until wings are cooked through and no longer pink, about 40 minutes.
- Using tongs, transfer wings to serving platter. Garnish with lemon wedges. Serve immediately.

recipe from my collection of Healthy Meals in Minutes{mos\_fb\_discuss:11}