

BAKED DEVILED CHICKEN WINGS

For 2 people

Ingredients:

- 50 ml ketchup
- 5 ml sugar
- 5 ml chopped onion
- 1 ml dry mustard
- 30 ml brown sugar
- 15 ml melted margarine
- 10 ml Worcestershire sauce
- 10 ml mustard
- 4 chicken wings

Equipment:

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|-----------------|----------------|
| cutting board | paring knife |
| small bowl | small measures |
| square cake pan | pastry brush |
| wooden spoon | tongs |

Method:

1. Preheat oven to 425° F. Line square cake pan with foil and spray with oil.
2. Remove wingtip from wing and cut remainder into two pieces. *May not be necessary.
3. In a small bowl, stir together all sauce ingredients.
4. Dip wings into sauce and place in a square cake pan.
5. Bake 25 minutes - turning halfway through and brushing again with sauce.