

RECIPE

Sticky Pepper Wings



Ready in **55 minutes**

Serves **4 people**

270 calories/ 2 wings

Ingredients

- Nonstick cooking spray
- 2 pounds chicken wings, tips removed and divided at joint
- 1 tablespoon vegetable oil
- 2 teaspoons Cajun seasoning, divided
- ½ cup Pepper Wine Jelly
- 1 1/2 Tbsp. lemon juice
- ¼ teaspoon kosher salt

Preparation

1. Preheat oven to 450°. Line a 15x10x1-inch baking pan with aluminum foil and coat with nonstick cooking spray. In a large bowl combine the wings, vegetable oil, and 1 teaspoon of the Cajun seasoning. Toss to coat. Arrange in an even layer on the prepared baking pan. Bake for 20 minutes.
2. Meanwhile, in a large bowl stir together remaining 1 teaspoon Cajun seasoning, the jalapeño jelly, lemon juice and salt. Remove and reserve 1/4 cup of the jelly mixture. Add the partially baked wings to the remaining jelly mixture in the bowl and toss to coat. Return to the baking pan. Bake 15 to 20 minutes more or until mahogany colored, tender, and an instant read thermometer inserted in a wing portion registers at least 170°F.
3. Place reserved 1/4 cup jelly mixture in a separate large bowl. Add cooked wings. Toss to coat. Serve immediately.