

Baked Chicken Wings

Makes: 24 wings

Ingredients:

4 pounds chicken wings
2 tablespoons honey
2 tablespoons ketchup
1 tablespoon hot pepper sauce
1 tablespoon Worcestershire sauce
Paprika
2/3 cup ranch dressing
2 Carrots
2 celery ribs
2 gallon resealable bag

Directions:

1. Heat oven to 350°F. Line a jelly roll pan, 15 1/2x10 1/2x1 inch, with aluminum foil.
2. Mix honey, ketchup, pepper sauce and Worcestershire sauce in a resealable bag. Add chicken. Seal bag and shake to coat.
3. Place chicken in pan; sprinkle with paprika. Cover with plastic wrap and label. Refrigerate overnight.
4. Day 2 of lab: Bake uncovered about 30 minutes or until crisp and juice of chicken is no longer pink when centers of thickest pieces are cut. Serve with dressing and vegetables.