



## Sticky Red Wings

### Ingredients:

3 lbs	Tyson Chicken Wings
1/2 tsp	Salad Oil
2 tsp	Minced Garlic
3 Tbsp	Minced Fresh Jalapeno Chilies
1 cup	Pomegranate Juice
1 cup	Cranberry Juice
1/3 cup	Sugar
2 Tbsp	Cider Vinegar
3 Tbsp	Pomegranate Seeds
Salt	



### Directions:

Rinse wings, drain and cut apart at the joints. Place in a single layer in 10 X 15 inch nonstick pan. Bake in a 400 degree oven until brown and crisp, about 1 hour, turning pieces occasionally.

In a medium nonstick frying pan over high heat, stir oil, garlic, and chilies for 2-3 minutes. Add pomegranate juice, cranberry juice, sugar, and vinegar. Stir until sugar dissolves, bring to boil. Boil until reduced to 2/3 cup: about 15 minutes.

Drain and discard fat from chicken wings. Pour pomegranate sauce over wings and turn pieces. Bake until sauce thickens and sticks to wings about 12 minutes, turning often.

