

Chicken Wings

Submitted by: Marilyn Tapper and Luca (RR 1299)

- 1/2 cup water
- 1 cup soy sauce
- 1/2 cup brown sugar
- 1 tsp. grated ginger or 1/2 tsp. dry ginger
- 1/4 cup pineapple juice
- 1/4 cup salad oil
- 1/2 tsp. seasoned salt
- 25 chicken wings

Discard wing tips and cut wings into two pieces at joint. As the store can also save us time with the first step, feel free to buy packaged wing drumettes. I have also used this recipe with figure friendly chicken tenders, but remember to severely reduce cooking time.



Mix marinade ingredients and put wings into large bowl or ziplock bag. Turn wings to ensure that they are covered. Marinate wings for 8 hours or overnight. Place wings on baking sheet and bake at 325 degrees for 90 minutes.



Dill Dip with Rye Bread

Submitted by: Barbara Williams

- 1 lb round unsliced rye bread (w/caraway seeds optional)
- 1 1/3 cup sour cream
- 1 1/3 cup mayonnaise (not Miracle Whip)
- 1 tsp. celery seed
- 1 tsp. dill weed
- 1 T onion flakes (or use finely chopped onion)
- 1 T parsley flakes

Mix and refrigerate overnight. Hollow out rye bread saving shell to hold dip. With pieces removed from the inside, cut to bite sized and arrange on plate around bread bowl.