

Pineapple Sauce Chicken Wings

Recipe By Sara Wasserman



Cooking and Prep:  45
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Serves:  6

No Allergens

Preference: Meat

Elegant yet simple to prepare, this dish is a winner.

Difficulty: Easy

Diet: Gluten Free

Source: Family Table by
Mishpacha Magazine

Ingredients (9)

Main ingredients

- 12 chicken wings
- oil, for sautéing
- 1 20-ounce (560-gram) can [Gefen Pineapple Chunks](#), drained, juice reserved
- 2 tablespoons [Gefen Honey](#)
- 2 cloves garlic, minced
- 2 tablespoons ketchup

2 tablespoons Tuscanini Balsamic Vinegar

1 tablespoon cornstarch

2 tablespoons water

Start Cooking

Prepare the Chicken Wings

1. Preheat oven to 350°F (180°C).
2. Sauté the chicken wings until golden and place in a baking pan that can fit all the pieces comfortably.
3. In a small saucepan, combine pineapple juice, honey, garlic, ketchup, and vinegar.
4. Bring to a boil. Dissolve the cornstarch in 2 tablespoons of water and add it to the saucepan.
5. Mix well to prevent lumps from forming. Remove from flame.
6. Pour pineapple sauce over the wings. Arrange pineapple pieces around the chicken.
7. Cover and bake for 30 minutes.