



BeFit

Be Fit. Eat Healthy. It's your choice.

Be Fit Basics: Dijon Chicken 'Wings'

Adapted from Southern Living

24 chicken drumettes*
1.5 tbsp olive oil
1 tsp salt
1 tsp garlic powder
¼ tsp black pepper
1/3 cup Dijon mustard
2 tbsp honey
Juice from 1 large lemon
1 tbsp fresh oregano, chopped (or 1 tsp dried)

Instructions:

Preheat the oven to 450 degrees. In a large bowl combine oil, salt, garlic, and pepper. Pat chicken dry with a paper towel. Add chicken to the mixture and toss to coat. Line a baking sheet with foil and arrange chicken drumettes on the foil; bake for about 30 minutes.

Meanwhile, combine mustard, honey, lemon juice, and oregano in a small bowl. Remove the baking sheet from the oven. Using tongs, dip the hot chicken in the mustard mixture and toss until well coated. Place the mustard-coated wings back on the baking sheet and bake for another 5-10 minutes or until fully cooked (should register 165 degrees).

Notes:

- *Drumettes are the meaty part of the wing that look like mini drumsticks.
- This recipe has half the calories and fat compared to typical fried ("crispy") chicken wings.

Yield: Serves 6



NUTRITION INFORMATION PER SERVING (4 wings):

CALORIES: 260 calories	PROTEIN: 16 g	SODIUM: 380 mg
	CARBOHYDRATE: 7 g	FIBER: 0 g
	FAT: 18 g	Sat Fat: 5 g

MAKE IT A MEAL:

Protein: 1 serving chicken drumettes

Starch: 1-6" whole wheat pita (170 calories) with 2 tbsp hummus (40 calories)

Vegetable: 10 carrot sticks and 10 celery sticks (40 calories)

Topping: 2 tbsp Greek yogurt veggie dip, such as ranch-flavored Marzetti brand (60 calories)

GROCERY SHOPPING LIST

24 chicken drumettes

Whole wheat pita

Lemon

Oregano

Carrot sticks

Celery

Greek yogurt dip (or substitute light ranch dressing, if unavailable)

Hummus

Condiments: olive oil; salt; garlic powder; black pepper; Dijon mustard; honey

USE OF LEFTOVERS

- Pair leftover drumettes with tomato soup, whole grain crackers, and a side salad.