

## CHICKEN WINGS

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**Directions** Wings can be cooked when frozen or thawed. Preheat oven to 375°F/190°C. Place wings in a single layer on a rimmed baking sheet. You may want to line pan with foil for easier cleanup. Bake, uncovered, for about 40 minutes, or until sauce is thickened and sticky and chicken is cooked through. Turn and baste wings with sauce in pan every 10 minutes.

Recipe from *Fix, Freeze, Feast*, 2nd Edition  
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