



# Baked Hot Wings with Cilantro Lime Dip

Makes 4 servings

This is a healthier version of hot wings that you and other football-loving fans will love! Instead of bleu cheese dressing, try using our tasty Cilantro Lime Dip.

## Ingredients

- 2 pounds whole chicken wings
- 1/2 cup reduced-sugar apricot preserves
- 1 tablespoon minced garlic, reserve 1/2 teaspoon
- 1 tablespoon reduced-sodium soy sauce
- 1 teaspoon Thai-style chili garlic sauce
- 2 tablespoons lime juice, divided
- 1/2 teaspoon ground black pepper, divided
- 1 cup nonfat, plain Greek yogurt
- 1/4 cup chopped fresh cilantro



## Instructions

1. Preheat oven to 375 degrees.
2. Coat a baking sheet with cooking spray. Remove skin from wings. (While it's hard to get the skin off the wings, it's worth it to reduce fat.) Lay chicken wings in a single layer on the baking sheet and spray again with cooking spray.
3. Bake for 10 minutes. While the chicken is baking, whisk apricot preserves, 2 1/2 teaspoons of garlic, soy sauce, chili garlic sauce, lime juice and 1/4 teaspoon ground black pepper together and set aside.
4. After the wings have been in the oven for 10 minutes, coat them generously with the apricot preserve mixture. Return to the oven for another 15 minutes or until wings are cooked through and glaze is caramelized.
5. In a small bowl, whisk together Greek yogurt, 1 tablespoon lime juice, cilantro and 1/4 teaspoon ground black pepper. Serve dipping sauce with hot wings.

## Nutrition Facts

Serving Size: 3 whole wings or 6 wings and drumettes, 1/4 cup dip; Calories 220; Total Fat 5.0g; Saturated Fat 1.4g; Cholesterol 55mg; Sodium 245mg; Total Carbohydrates 17.0g; Dietary Fiber 0.0g; Protein 25.0g

Recipe adapted from [www.diabetes.org](http://www.diabetes.org)



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