

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Sticky Sesame Teriyaki Chicken Wings

From Juli Bauer's Paleo Cookbook

2 pounds chicken wings and/or drumsticks
1 tsp coarse sea salt
½ tsp black pepper
2 Tbsp melted coconut oil, butter, or ghee
2 cloves garlic, minced
1 tsp grated fresh ginger
½ cup coconut aminos (a soy sauce substitute)
3 Tbsp honey
1 Tbsp chili sauce
1 tsp sesame oil
½ tsp fish sauce
½ cup raw cashews, roughly chopped
2 Tbsp sesame seeds
1 green onion, sliced, for garnish

1. Place an oven rack in the top position and preheat the oven to 400° F. Line a baking sheet with foil and place a wire rack on top.
2. Place the chicken wings on the wire rack and sprinkle with the salt and pepper. Bake for 50 minutes or until crispy.
3. While the wings are cooling, heat the coconut oil in a large saucepan over medium heat. Add the garlic and ginger and cook until fragrant, about 2 minutes.
4. Reduce the heat to medium-low and add the coconut aminos, honey, chili sauce, sesame oil, and fish sauce. Bring to a slow boil, reduce the heat, and let the sauce reduce, whisking a couple times to keep it from burning. Once the sauce has reduced by about one-third and coats the back of a spoon, pour it into a large mixing bowl.
5. In a small sauté pan over medium heat, toast the cashews until browned, tossing them for less than 10 minutes to keep them from burning.
6. Add the crispy wings to the bowl with the sauce and toss to coat. Place the wings on a large serving plate and pour any remaining sauce over the wings. Sprinkle with the sesame seeds, then garnish with the toasted cashews and sliced green onion.