



# APPETIZERS

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## Game Day Wings

Makes 12 Servings

### Ingredients

6 boneless skinless chicken thighs  
6 Tbsp. no-calorie barbecue sauce

### Directions

1. Preheat oven to 375 degrees.
2. Cut thighs into halves (or thirds) to resemble the size of a traditional wing.
3. Place chicken thighs on a foil lined baking sheet.
4. Bake in oven for 35 minutes (50 minutes if frozen).
5. Remove chicken from oven and spread 1 tbsp. of barbecue sauce on each thigh.
6. Return wings to oven and cook an additional 10 minutes or until internal temperature reaches 170 degrees.
7. Serve wings on a platter.



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