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## Strawberry Jalapeño Chicken Wings

- 2-1/2 pounds chicken wings
- 4 oz. cornstarch
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1-1/2 pounds frozen strawberries
- 1/4 cup jalapeño – seeded and diced
- 1 cup water

**Wash chicken wings. Combine cornstarch, salt and pepper. Mix well. Toss the chicken wings in the cornstarch mixture until all are lightly coated. Place on single layer on a sheet pan. Spray lightly with Pam® or pan coating. Place in a 375° oven for 40 minutes. While the chicken is baking, combine the remaining ingredients in a sauce pan and bring to a boil. Reduce to simmering, stirring occasionally until a sauce begins to thicken a little. Coat chicken wings with the hot sauce.**

*Nutritional Information: Makes 8 servings. Serving size: 6 wings. Nutrition information: 234 calories; 10g Fat (37.8% calories from fat); 12g Protein; 25g Carbohydrate; 2g Dietary Fiber; 47mg Cholesterol; 260mg Sodium.*

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