

Mango Habanero Wings

Makes 4 to 6 servings

Ingredients:

2 mangos, peeled and chopped

1 cup barbecue sauce

1 small habanero, diced

1 Tbsp garlic powder

1 tsp sea salt

8 Tbsp apple cider vinegar

12 to 16 bone-in, skin-on chicken wings

1/4 cup green onions, sliced (optional)

1/4 cup cilantro, chopped (optional)

Instructions:

In a blender or food processor, add mangos, barbecue sauce, habanero, garlic powder, salt and apple cider vinegar. Blend until smooth. In a large bowl, generously cover chicken wings with mango habanero marinade. Toss to coat. Cover with plastic wrap. Refrigerate for at least 2 hours up to overnight.

Preheat oven to 400 F. Line a baking sheet with foil. Spray with cooking oil. Place marinated wings on a baking sheet. Brush the wings with additional marinade. Bake for 25 to 30 minutes, or until caramelized and brown. Transfer wings to a large tray or platter. Garnish with green onions and cilantro, if desired.

Tip: Substitute habanero with habanero chili powder or chili powder.

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