



Grilled Teriyaki Chicken Wings

Julie Andrews, Chef and Registered Dietitian Stride in the Kitchen

Grilled chicken wings with homemade pineapple teriyaki sauce.

Prep time: 10 mins Cook Time: 20 mins Total Time: 30 mins

Serves 6

Ingredients:

Teriyaki Sauce:

- 1 cup (240 mL) pineapple juice
- 2 tablespoons (30 mL) cornstarch
- ¼ cup (60 mL) low sodium soy sauce
- 3 tablespoons (45 mL) brown sugar
- 1 tablespoon (15 mL) honey
- 1 clove garlic, peeled and finely minced
- ½-piece ginger, peeled and finely minced

Grilled Chicken Wings:

- 2 pounds (.9 kg) chicken wings
- 1 tablespoon (15 mL) olive oil
- ½ teaspoon (2.5 mL) kosher or sea salt
- ½ teaspoon (2.5 mL) ground black pepper

Instructions:

1. Preheat the grill to medium.
2. In a small bowl, whisk together the pineapple juice and cornstarch until dissolved. Whisk in the soy sauce, brown sugar, honey, garlic, and ginger. Transfer to a small saucepan and bring to a simmer on medium heat, whisking until thickened, about 2-3 minutes. Remove from the heat and set aside. Reserve half for brushing on the wings during cooking and half for serving.
3. Brush the chicken wings with oil, then sprinkle with salt and black pepper. Grill 8-10 minutes per side or until chicken is cooked through (reaches an internal temperature of 165 degrees). During the last few minutes of grilling, brush chicken wings with the teriyaki sauce.
4. Remove the wings from the grill and use a clean brush to brush the remaining teriyaki sauce on top. Serve.

Cooking Tip: Make the teriyaki sauce in advance for a quick weeknight meal.

Make it a Meal: Serve with [Lightened-Up Potato Salad](#)

Nutrition:

Serving Size: 1/8 of recipe

Calories: 317

Sugar: 10g

Sodium: 485mg

Fat: 20g

Saturated Fat: 5g

Unsaturated Fat: 15g

Trans Fat: 0g

Carbohydrates: 13g

Fiber: 0g

Protein: 21g