

VITAMINSEA
MAINE SEA VEGETABLES

Recipe

www.vitaminseaseaweed.com

KEY WEST CHICKEN

2 lbs. Chicken Wings
1/2 cup Soy Sauce
5 Green Onions, Chopped
1/4 cup Lime Juice
2 tbsp. Dark Brown Sugar
1 tbsp. Honey
1 tsp. Dried Crushed Red Pepper
1 Clove of Garlic, Pressed
1 tbsp. Triple Flake Blend
Dulse/Sea Salt/Garlic Seasoning
Cooking Spray

Marinate 8 hours. Heat oven to 425 degrees. Lay foil on cooking sheet and put chicken on tray. Sprinkle the top of each piece with Dulse/Sea Salt/Garlic Seasoning. Bake 25 minutes... broil for an additional 5 minutes to make crispy!