

Mango BBQ Chicken Wings

Cook Time: 40 minutes

Total Time: 45 minutes

Servings: 6

INGREDIENTS:

For the Mango Slaw

- 1 Cup red cabbage, shredded
- 1 ¾ Cups green cabbage, shredded
- 1 ¼ Cups mango, sliced
- 2 Tablespoons cilantro, chopped
- 1 Tablespoon lime juice, fresh squeezed
- ½ Cup Juicy Juice® 100% juice, mango flavor
- 1 Teaspoon salt, Kosher

For the Mango Coconut Rice

- 1 cup white rice, long grain
- 1 1/3 cup Juicy Juice® 100% juice, mango flavor
- 2/3 cup coconut milk
- 1 teaspoon salt, Kosher

For the Mango Chicken Wings

- ½ Cup onions, yellow, diced
- 1 Tablespoon butter, unsalted
- 2 Cups ketchup
- ½ Cup apple cider vinegar
- 1 Cup Juicy Juice® 100% juice, mango flavor
- 1 Tablespoon Worcestershire sauce
- 1 Tablespoon lime juice, fresh squeezed
- 1 Teaspoon garlic powder
- ¼ Teaspoon cayenne pepper
- 4 Pounds chicken wings

HERE'S WHAT TO DO

For the Mango Slaw

1. To create the slaw, combine all ingredients in a medium sized work bowl. Toss well to ensure ingredients are well incorporated. Hold in refrigerator until ready for use.

For the Mango Coconut Rice

1. Add rice, mango juice, coconut milk, and salt to a pot. Place on stovetop over medium-high heat.
2. When liquids are just starting to boil, reduce heat to a simmer and cover.
3. Cook for 20-25 minutes undisturbed, until the rice has absorbed all the moisture.
4. Remove from heat, let rest for 5 minutes.
5. Fluff with fork to mix.

For the Mango Chicken Wings

1. To make Mango Barbeque Sauce, sauté onions in butter in a medium saucepan over medium heat.
2. Add ketchup, vinegar, juice, Worcestershire sauce, lime juice, garlic, and cayenne. Simmer for 15 minutes.
3. Blend until sauce in a blender until smooth and hold in refrigerator.
4. Sprinkle chicken wings with salt and pepper then tossing 1 ½ cups of barbeque sauce with the wings.
5. Grill wings on a medium high heat until internal temperature reads 160°, turning once.
6. As soon as wings are removed from grill, toss with additional 1 cup of mango barbeque sauce.
7. For each portion, serve 3 wings with ½ cup coconut mango rice and ½ cup of cabbage slaw and extra barbeque sauce on the side

