

## Thai Chicken Wings with Peanut Sauce

Recipe By: Diabetic Living Magazine

“Chicken wings are great for game night and a perfect appetizer for a party, but don’t get stuck in the rut of always serving BBQ wings. Add variety to game nights with this easy slow-cooker recipe for Thai wings with peanut sauce—and BBQ wings may just become a thing of the past!”

### Ingredients

24 chicken wing drumettes (about 2¼ pounds)  
¾ cup water, divided  
1 tablespoon lime juice  
¾ teaspoon ground ginger, divided  
½ cup smooth natural peanut butter  
½ cup water  
2 tablespoons reduced-sodium soy sauce  
2 cloves garlic, minced  
¼ teaspoon crushed red pepper

### Directions

- 1 Place chicken in a 3½- or 4-quart slow cooker. Add ¼ cup of the water, the lime juice, and ¼ teaspoon of the ginger to the cooker.
- 2 Cover and cook on Low for 5 to 6 hours or on High for 2½ to 3 hours.
- 3 Meanwhile, prepare sauce. Whisk together peanut butter, the remaining ½ cup of water, the soy sauce, garlic, the remaining ¼ teaspoon ginger, and the crushed red pepper in a small saucepan. Heat over medium-low heat until mixture is smooth, whisking constantly.
- 4 Drain the chicken, discarding cooking liquid. Toss the chicken with half of the peanut sauce. If desired, return chicken to slow cooker. Serve immediately or keep warm, covered, on Warm or Low for up to 1 hour. Serve with the remaining peanut sauce (whisk the sauce if it looks separated).

Equipment: 3½- or 4-quart slow cooker

<http://www.eatingwell.com/recipe/269866/thai-chicken-wings-with-peanut-sauce/print/>

