

# Baked Pineapple Wings

## Ingredients:

2 lbs chicken wings, without the tips  
1, 20 oz can pineapple tidbits  
1 cup of your favorite barbecue sauce



## Directions:

Preheat oven to 400 degrees and spray a 9 x 13 baking pan with non-stick cooking spray.

Place chicken wings into prepared pan and spread out into a single layer.

Bake in the oven for 30 minutes.

Drain pineapple tidbits, reserving 1/4 cup of the juice.

In a bowl, add drained pineapple, the reserved pineapple juice and your barbecue sauce.

Stir together well.

After wings have baked for 30 minutes, remove from oven and drain any excess liquid.

Pour the pineapple, barbecue sauce mixture over the wings and stir to evenly coat.

Bake for an additional 30 minutes or until the chicken is done and the sauce has thickened.

*Amy Lynn's Kitchen*  
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