

# CHEF & CHILD FOUNDATION RECIPE COLLECTION

## HONEY CHICKEN

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SERVINGS  
PER RECIPE: 4



### ORIGINAL RECIPE

#### Ingredients:

- 8 chicken wings,  
or about 1 pound
- ¾ cup flour
- 1 teaspoon all purpose  
seasoned salt
- ¼ cup honey
- 2 tablespoons vegetable oil
- 1 teaspoon garlic powder
- 1 cup mild or prepared salsa

### DIRECTIONS:

1. Rinse the chicken wings off with cold water and drain well.
2. In a clean bowl place the flour, garlic powder, and seasoned salt and mix. Gently toss the wings 2 at a time on the flour mixture and then set aside.
3. In a skillet, heat the oil over medium heat. Use a tong and place the chicken wings in the pan and brown over both sides. Mix the salsa and honey together and spoon over the browned wings and reduce the heat to medium low and cook for 15 minutes, or until well done.

### ORIGINAL ANALYSIS PER SERVING:

Calories (kcal): 310  
Total Fat (g): 15  
Saturated Fat (g): 3  
Trans Fat (g): 0.5  
Cholesterol (mg): 35  
Sodium (mg): 700  
Carbohydrate (g): 33  
Dietary Fiber (g): 1  
Sugars (g): 12  
Protein (g): 11  
Vitamin A: 6%  
Calcium: 2%  
Vitamin C: 6%  
Iron: 10%

### THINGS TO CONSIDER:

- Substituting chicken breast for the wings reduces the fat and saturated content and increases the protein content.
- Cutting the seasoned salt by half helps to reduce the sodium content.
- Replacing half the flour with whole-wheat flour adds fiber to the recipe.
- Replacing the vegetable oil with olive oil increases the ratio of monounsaturated fats.

### MODIFIED RECIPE

- 1 pound boneless, skinless  
chicken breast
- ½ cup whole wheat flour
- ¼ cup white flour
- ½ tsp all purpose  
seasoned salt
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1 cup prepared salsa
- ¼ cup honey

### DIRECTIONS:

1. Rinse the chicken breasts off with cold water and drain well. Cut the chicken breasts into strips.
2. In a clean bowl place the whole wheat and white flour, garlic powder, and salt and mix. Gently toss the wings 2 at a time on the flour mixture and then set aside.
3. In a skillet, heat the oil over medium heat. Use a tong and place the chicken breast strips in the pan and brown over both sides. Mix the salsa and honey together and spoon over the browned wings and reduce the heat to medium low and cook for 15 minutes, or until chicken reaches an internal temperature of 165°F.

### MODIFIED ANALYSIS PER SERVING:

Calories (kcal): 280  
Total Fat (g): 10  
Saturated Fat (g): 2  
Trans Fat (g): 0  
Cholesterol (mg): 65  
Sodium (mg): 430  
Carbohydrate (g): 19  
Dietary Fiber (g): 2  
Sugars (g): 12  
Protein (g): 28  
Vitamin A: 6%  
Calcium: 2%  
Vitamin C: 6%  
Iron: 10%



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AMERICAN CULINARY  
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*Special thanks to Vince Blancato for collecting these recipes and Clemson University for providing the nutritional facts. The American Culinary Federation, Inc., established in 1929, is the premier professional organization for culinarians in North America. With more than 20,000 members in 225 chapters nationwide, ACF is the culinary leader in offering educational resources, training, apprenticeship and accreditation. In addition, ACF operates the most comprehensive certification program for chefs in the United States. ACF is home to ACF Culinary Team USA, the official representative for the United States in major international culinary competitions, and to the Chef & Child Foundation, founded in 1989 to promote proper nutrition in children and to combat childhood obesity. For more information, visit [www.acfchefs.org](http://www.acfchefs.org).*