

celery sticks. Makes four servings.

Nutritional analysis per serving: 598 calories, 54 grams fat; 17 grams saturated fat; 132 milligrams cholesterol; 970 milligrams sodium.

For a variation on a theme, try these wings.

Honey-Sesame Wings

- 2 pounds chicken wings
- ½ cup honey
- ⅓ cup Dijon mustard
- 2 tablespoons butter, melted
- 1 teaspoon lemon juice
- 1 teaspoon curry powder
- 2 cloves garlic, finely minced
- Freshly ground pepper to taste
- ½ cup sesame seeds

Rinse and pat wings dry. Cut off wing tips and discard. Cut each wing into two sections.

In a small glass bowl, combine honey, mustard, butter, lemon juice, curry powder, garlic and pepper to taste.

Add chicken wings and marinate in refrigerator for about 30 minutes, making sure all wings are well coated.

Meanwhile, toast sesame seeds by placing in a shallow pan and baking in 350-degree oven for 10 to 15 minutes or until golden brown, shaking pan from time to time. Watch carefully: Seeds burn easily.

Remove wings from marinade; broil for 5 minutes. Brush with marinade and turn wings over and cook an additional 5 minutes. Continue cooking and basting for 10 minutes longer or until wings are well cooked.

Remove wings from pan and when cool enough to handle, roll wings in toasted sesame seeds. Makes six servings.

Nutritional analysis per serving: 457 calories, 27 grams fat, 8 grams saturated fat, 83 milligrams cholesterol, 509 milligrams sodium.