

HONEY CITRUS CHICKEN DRUMSTICKS



Serves 6

Serving Size: 1 drumstick

Prep Time: 20 minutes

Cool Time: 20 minutes

Cook Time: 20 minutes

Total Time: 1 hour

Tip: Remove the skin from the drumsticks for a healthy and delicious finger food—for kids and adults.

Ingredients

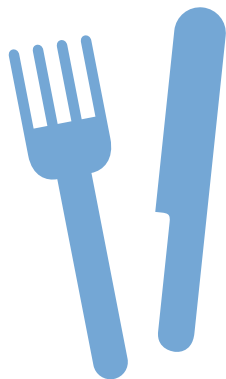
- Zest from one orange
- Juice from one orange (approximately 1/3 cup)
- Zest from one lemon
- 1/4 cup honey
- Pinch salt
- Pinch pepper
- 1/4 cup olive oil
- 1 teaspoon fresh thyme
- 6 skinless chicken drumsticks with bone-in

Directions

1. Preheat oven to 375° F.
2. Combine all ingredients (except chicken) to make marinade. Separate into two bowls.
3. Marinate the chicken in one of the bowls of marinade for 15–20 minutes.
4. Spread marinated chicken onto foil-lined baking pan and dispose of bowl of marinade used to marinate chicken.
5. Bake for 20–25 minutes at 375° F.
6. Once cooked, brush chicken with remaining marinade.

Nutrition information Per Serving

210 calories		Fiber	0 g	Fat	12 g
Carbohydrates	13 g	Protein	13 g	Sodium	91 mg



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