



CRISPY CHICKEN DRUMSTICKS

By Dr. Cindy Tanzar
(Standard/Maintenance)

Chicken Drumsticks have long been a favorite with kids and adults.

This recipe requires very little prep, but packs a lot of flavor and satisfaction. Make sure your oven is good and hot before you add the chicken to ensure it is crispy. You will want to use avocado oil, too, as you are cooking with high heat and don't want to damage the fat.

Makes approximately 4 servings. While this recipe is family friendly, to comply with your plan, just cut the meat off the bone to figure out your 3 oz. of protein for one meal.



INGREDIENTS

- 2 lbs chicken drumsticks (preferably organic)
- 2 Tbsp avocado oil (plus some for greasing pan)
- 1 tsp smoked paprika (can use regular paprika)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp Pink Himalayan salt
- 1/2 tsp fresh ground pepper



INSTRUCTIONS

Preheat oven to 425°F. Grease baking stoneware pan or a foil-lined baking pan with avocado oil.

Mix the oil, paprika, garlic powder, onion powder, salt and pepper into a large zip top bag and mix. Add chicken, seal bag and mix spices and oil into the chicken, coating it well.

Arrange chicken on the baking sheet and bake for 40-45 minutes or until 165°F and crispy.