

SLOW-COOKER HONEY•ORANGE Chicken Drumsticks

Recipe of the Month | **DECEMBER**



WAC Fun Food Fact

Chicken drumsticks are a great low cost alternative to chicken breasts. They tenderize nicely in the slow cooker and are loaded with lean protein.

INGREDIENTS

- 1/3 cup honey
- 2 teaspoons orange zest
- 2 tablespoons orange juice
- 3 tablespoons reduced-sodium soy sauce or tamari
- 3 cloves garlic, minced
- 1-1/2 tablespoons minced fresh ginger
- 1 tablespoon rice vinegar
- 1/4 teaspoon crushed red pepper
- 12 medium chicken drumsticks (3-3½ pounds), skin removed
- 2 tablespoons chopped fresh cilantro
- 2 teaspoons toasted sesame seeds

NUTRITIONAL INFORMATION

Serving size: 2 drumsticks

Per serving: 252 calories; 7 g fat(2 g sat); 0 g fiber; 18 g carbohydrates; 29 g protein; 8 mcg folate; 150 mg cholesterol; 16 g sugars; 15 g added sugars; 91 IU vitamin A; 4 mg vitamin C; 30 mg calcium; 2 mg iron; 416 mg sodium; 352 mg potassium

Carbohydrate Servings: 1

DIRECTIONS

- 1** Combine honey, orange zest, orange juice, soy sauce (or tamari), garlic, ginger, vinegar and crushed red pepper in a small bowl.
- 2** Coat a 5- to 6-quart slow cooker with cooking spray. Add drumsticks, pour in the sauce and mix to coat. Cover and cook until an instant-read thermometer registers 165°F when inserted into the thickest part of the meat without touching bone, 2 to 3 hours on High or 4 hours on Low.
- 3** Transfer the drumsticks to a bowl. Very carefully pour the liquid from the slow cooker into a medium skillet. Bring to a boil over high heat. Boil until reduced and syrupy, 10 to 15 minutes. Pour the sauce over the drumsticks and stir to coat. Serve sprinkled with cilantro and sesame seeds.

Equipment: 5- to 6-quart slow cooker

To remove the skin from chicken drumsticks, grip the skin from the meaty end of the drumstick with a paper towel and pull down toward the exposed bone until it comes off completely.