



BAKED CHICKEN LEGS

Intermediate Lifestyle

INGREDIENTS

2 pounds chicken drumsticks (about 8 drumsticks depending on size)
1 TBS olive oil
1 TSP salt
½ TSP black pepper
1 TSP garlic powder
1 TBS paprika

INSTRUCTIONS

—Preheat oven to 400 degrees. Line a baking sheet with parchment paper if desired.

—Pat the chicken legs with paper towels to remove excess moisture. In a small bowl, mix together salt, pepper, garlic powder and paprika. Put the drumsticks in a large bowl and toss with the oliveoil and seasoning. Mix well so that they are well coated.

—Place drumsticks on the prepared pan and bake for about 45 minutes or until chicken skin is golden brown. Test with an instant read thermometer. The internal temperature needs to be a minimum of 165F but can go to 190F.

—Turn the oven on broil the last minute of cooking if you want extra crispy skin. Remove from oven and season with more salt and pepper to taste if desired before serving.

SERVING INFO: (Yields 4 serving)

2 drumsticks = 1 P

Recipe credit: JerseyGirlCooks.com

See recipe photo at [Instagram](#) and [Facebook](#).