

Grilled, Marinated Chicken Drumsticks

Author: Adapted slightly from a Cooking Light recipe, 2005

***Carolyn T's
Main Cookbook***

Servings: 4



Notes: Use the marinade to brush on the chicken, but stop using it 5-10 minutes before finishing the grilling so any bacteria are fully cooked.

1. Combine the first 11 ingredients in a large zip-top plastic bag. Add chicken to bag; seal. Marinate in refrigerator 2 hours, turning bag occasionally.
2. Prepare grill to medium heat.
3. Remove chicken from bag, reserving marinade. Place chicken on grill coated with cooking spray; grill 30 minutes or until chicken is done, turning and basting occasionally with reserved marinade. Do not brush with marinade during last 10 minutes of grilling. Garnish with green onion strips, if desired.

1 cup orange juice, [I used pineapple juice]

2 tablespoons fresh lemon juice

4 teaspoons low sodium soy sauce

1 tablespoon dry sherry

1 1/2 teaspoons garlic, minced

1 1/2 teaspoons balsamic vinegar

1 1/2 teaspoons basil oil

1 teaspoon onion powder

1 teaspoon dark sesame oil

1/2 teaspoon salt

1/4 teaspoon hot pepper sauce

8 whole chicken drumsticks, skinned

Cooking spray

Green onion strips (optional)

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

Your Text Here

Per Serving (excluding unknown items): 266 Calories; 14g Fat (48.1% calories from fat); 25g Protein; 9g Carbohydrate; trace Dietary Fiber; 100mg Cholesterol; 579mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 1/2 Fat; 0 Other Carbohydrates.