

Braised Chicken Drumsticks

4 SERVINGS 1 HOUR 40 MINUTES



INGREDIENTS

- 2 lbs Chicken Drumsticks
- 1 Yellow Onion (sliced, remove before eating)
- 2 tbsps Lemon Juice
- 1 tbsp Extra Virgin Olive Oil
- 1/2 tsp Sea Salt
- 1/4 cup Water

NUTRITION

AMOUNT PER SERVING

Calories	408	Iron	3mg
Fat	24g	Vitamin D	5IU
Carbs	4g	Folate	8µg
Fiber	1g	Magnesium	42mg
Protein	41g	Zinc	4mg
Vitamin C	3mg		

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C).
- 02 In a large mixing bowl combine the drumsticks and onion. Add in the lemon juice, oil and salt. Mix until the chicken is well coated.
- 03 Transfer the seasoned chicken to a rimmed baking dish. Arrange the drumsticks into a single layer on top of the onions. Add the water to the dish and cover with a tight-fitting lid or foil. Bake covered for 75 minutes then remove the lid and continue baking for 20 minutes or until the chicken has browned and sauce has thickened.
- 04 Remove the chicken from the baking dish and leave behind the onions. Use the juice to coat the chicken.
- 05 To serve, divide the chicken between plates and top with the leftover juices. Enjoy!

NOTES

RECIPE ID 114

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 2 chicken drumsticks and 2 tablespoons of sauce.

MORE FLAVOR

Use chicken broth instead of water.

NO DRUMSTICKS

Use bone-in chicken thighs instead.