

Lime Chicken Drumsticks with Zucchini

4 SERVINGS 25 MINUTES



INGREDIENTS

2 lbs Chicken Drumsticks
1 Navel Orange (juiced)
4 Zucchini (peeled)
1/2 Sweet Onion (finely diced)
1 Lime (juiced)
1 tsp Cumin
1 tbsp Extra Virgin Olive Oil (plus extra for zucchini)

NUTRITION

AMOUNT PER SERVING

Calories	463	Iron	3mg
Fat	25g	Vitamin D	5IU
Carbs	15g	Folate	76µg
Fiber	3g	Magnesium	86mg
Protein	44g	Zinc	5mg
Vitamin C	61mg		

DIRECTIONS

- 01 Combine the lime juice, orange juice, olive oil, onion, sea salt, black pepper and cumin in a bowl. Mix well.
- 02 Add drumsticks to a large ziplock baggie. Add in the marinade. Seal the bag and shake well. Place in the fridge to marinate up to 24 hours.
- 03 Slice your zucchinis in half lengthwise. Toss in a splash of olive oil and season with sea salt and black pepper to taste. Set aside.
- 04 Preheat grill over medium-high heat.
- 05 Grill the chicken for about 10 minutes per side or until cooked through. Add the zucchini to the grill face down at the halfway point.
- 06 Remove chicken and zucchini from the grill. Serve and enjoy!

NOTES

RECIPE ID 217

NO GRILL

Cook in the slower cooker on low for 8 hours, or bake in the oven at 350°F (177°C) for 30 minutes.