



Oven BBQ Chicken Drumsticks

Chicken drumsticks are always affordable and they are also delicious. Yes, yes they have more fat than chicken breast but they can also be juicier and a lot of fun to eat. This is a very simple recipe as all you need are the chicken legs, olive oil, salt, pepper and barbecue sauce.

You will start out by heating the oven to 375 degrees. Rinse and pat dry the chicken and place it in a large roasting pan or a rimmed baking sheet. Drizzle the chicken with olive oil and season it generously with salt and pepper. Place the pan in the oven and bake for 25 minutes.

Remove the chicken from the oven and brush with barbecue sauce. I like my apple bbq sauce but you use whatever you like!

Place the chicken back into the oven and cook for an extra 5 minutes. Remove from oven, flip the drumsticks and brush one more time. Place in oven for an extra 5 to 7 minutes until the bbq sauce caramelizes and serve. Make sure your chicken is cooked through. All ovens are different so your times might vary. I served mine with broccoli slaw and sweet potato chips.

Enjoy!