



Oven BBQ Chicken Legs

Serves six

12 thawed chicken legs
2 TBS olive oil
1 TBS coarse salt
2 tsp. black pepper
1 cup BBQ sauce of choice

Heat oven to 400 degrees.

Rinse and pat dry the chicken (make sure it is completely thawed) 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. Reduce the heat to 375.

Remove the chicken from the oven and brush – on both sides and liberally - with barbecue sauce. I like my homemade apple juice bbq sauce but you can use whatever you like.

Place the chicken back into the oven and cook for an extra 10 minutes. Remove from oven and brush both sides one more time. Place in oven for an extra 7 to 10 minutes until the bbq sauce caramelizes and the chicken registers 170 degrees on a meat thermometer placed close to the bone. You can also slice the chicken, close to the bone, and if it is pink cook it for longer. I would cook it in 5 minute increments. Whatever you do, make sure your chicken is completely cooked through before serving. All ovens are different so your times might vary. I served mine with broccoli slaw and sweet potato chips.

Enjoy!

2 chicken legs - CALORIES 345.31; FAT 16.52 grs (sat 4.07; mono 8.14; poly 3.27); PROTEIN 26.07 grs ; FIBER 1.54 grs; CARBS 20.71 grs; CHOLESTEROL 110 mg; IRON 1.67 mg; SODIUM 1514.05 mg; CALCIUM 3.16 mg

