



Soy Molasses Glazed Baked Chicken Legs

Serves eight

16 chicken legs (you can use thighs if you want)
2 TBS olive oil
2 tsp. coarse salt
2 tsp. black pepper
1 tsp. onion powder
1 tsp. garlic powder
1 cup reduced sodium soy sauce
¼ cup Balsamic vinegar
¼ cup molasses
2 TBS sesame seeds

Preheat oven to 400 degrees.

Place rinsed chicken in a roasting pan in a single layer. Drizzle with olive oil, salt, pepper, onion powder and garlic powder. Toss the chicken making sure to coat all sides. Place pan in oven and roast for about 35 minutes – or until chicken is cooked through. All ovens are different so make sure you check for doneness.

While the chicken is cooking, place the soy sauce, vinegar and molasses into a pot. Bring it to a boil, stirring occasionally, and reduce heat. Simmer sauce until it thickens and reduces by 1/3rd – about 20 minutes.

Remove the chicken from the oven and discard any rendered liquid. Pour the sauce on to the chicken and toss to coat well. The glaze will thicken on the chicken so don't worry if it is too liquid. Add the sesame seeds and serve. Enjoy!

2 chicken legs - CALORIES 353; FAT 16.36 grs (sat 4.05; mono 7.68; poly 3.58); PROTEIN 30.48 grs ; FIBER 0.55 grs; CARBS 16.24 grs; CHOLESTEROL 110.00 mg; IRON 3.46 mg; SODIUM 2354.26 mg; CALCIUM 30.99 mg