



Sweet & Sour Chicken Legs

Serves six

12 chicken drumsticks – rinsed and pat dried
2 TBS toasted sesame seeds

Place the chicken legs in a bowl.
Preheat the oven to 400 degrees.

FOR THE MARINADE:

½ cup orange juice
½ tsp. sesame oil
2 TBS soy sauce
2 scallions – chopped (white, light green and dark green)
4 garlic cloves – finely minced

Whisk all the ingredients together. Pour the marinade over the chicken – making sure all sides get covered. Allow chicken to sit at room temperature for about 20 minutes.

Remove chicken from marinade and place in a roasting pan. Place the pan in the oven and roast the chicken for 20 minutes. Remove the chicken from the oven and brush generously with the sauce, on both sides. Reduce the oven to 375 degrees.

Return the chicken to the oven and cook for another 15 minutes. Remove the pan from the oven and generously cover the chicken on both sides – again. Return the pan to the oven and cook for another 10 to 12 minutes – or until the chicken registers 170 degrees on a meat thermometer or is no longer pink.

Sprinkle sesame seeds on the cooked chicken and serve.

FOR THE SAUCE:

¾ cup orange marmalade
½ cup ketchup
1 TBS Worcestershire sauce
2 TBS soy sauce

2 TBS molasses
½ tsp. sesame oil

Place all the ingredients in a pan and whisk well. Cook for about 5 minutes and remove from heat.

CALORIES 344.86.; FAT 12.72 grs (sat 3.54; mono 5.12; poly 3.09); PROTEIN 26.78 grs ; FIBER 0.11 grs;
CARBS 29.55 grs; CHOLESTEROL 110 mg; IRON 2.19 mg; SODIUM 1009.11 mg; CALCIUM 18.69 mg

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