

# BEYOND HUNGER

## APPLE HONEY DRUMSTICKS

*This delicious meal makes for a flavorful, high protein dinner! This recipe marinades chicken drumsticks in a sweet and salty combination that your taste buds will love. Using 100% apple juice boost the nutrition; did you know that ½ cup of 100% fruit juice counts as a full serving of juice? Just a small amount of juice can supply many of the vitamins and minerals found in whole fruits. Serve these drumsticks with brown rice and a green vegetable for a complete and nutritious meal!*

**Yield:** 12 servings

### Ingredients

- 12 **skin-on chicken drumsticks**
- 2 cups **100% apple juice**
- ½ cup **apple cider vinegar**
- ¼ cup **low-sodium soy sauce**
- 2 teaspoons **honey**
- Grated zest of 1 **lemon**
- ¼ teaspoon **red pepper flakes** (adjust for taste/spice, as needed)
- 2 teaspoons **sesame seeds** (optional)
- ¼ teaspoon **salt**
- ¼ teaspoon **black pepper**

### Instructions

1. Preheat the oven to 450°F. Put the drumsticks on a baking sheet and season both sides with salt and pepper. Bake for 25-30 minutes; flip the drumsticks and continue baking until golden and crisp, about 20-30 more minutes. Drumsticks are fully cooked when the internal temperature reaches 165°F or when the juices run clear.
2. Meanwhile, make the sauce: In a large skillet, combine the apple juice, vinegar, soy sauce, honey, lemon zest, and red pepper flakes. Heat over medium-high heat until the mixture comes to a simmer. Cook, stirring frequently, until the sauce is syrupy and coats the back of a spoon, about 20 to 25 minutes. Set aside until the chicken is done.
3. If using the sesame seeds, stir them into the sauce and warm over medium-low heat until the chicken is done. Transfer the chicken to a large bowl. Add the sauce to the bowl and toss to coat. Transfer the chicken to a platter and drizzle with any remaining sauce from the bowl.

**Per Serving:** Calories 183, Carbohydrates 7 g, Protein 26 g, Saturated Fat 1 g, Sodium 290 mg, Fiber 1 g, Sugars 5 g

This recipe is featured in the September 2021 issue of Beyond the Kitchen and was adapted from Food Network Magazine.

