BUDGET BITES BULLETIN

The weekly bite
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Oven Baked Honey-Soy Drumsticks

Super easy to make and so yummy!

Bone in chicken (either: 18

chicken wings, 10

drumsticks, 4 thighs and 5

drumsticks, etc.)

Salt and pepper

2 tbs of oil-vegetable, canola, etc.

2 tbs ketchup

½ cup soy sauce

1 cup honey

2 to 3 minced garlic gloves

Preheat oven to 400. If using wings: wash and dry, cut off wing tips and place on a rimmed baking sheet. If using the larger amount of drumsticks/and or thighs: wash and dry and place in a 9x13 inch pan; if using the smaller quantity, wash and dry and place in a 8x8 inch pan. Season lightly with salt and pepper.

Combine remaining ingredients and pour over chicken. Toss with tongs to coat, and arrange skin side down on baking sheet/pan.

Cook in oven for 30 mins, then turn over chicken and cook for another 30 mins.

Enjoy!







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