

Mexican Chicken Legs

Wanda Pawlikowski

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

Servings: 6

1 can (8 ounce) tomato sauce

1 tablespoon parsley flakes

1 tablespoon sugar

1 teaspoon salt

1/2 teaspoon chili powder

1/8 teaspoon red pepper sauce

1/8 teaspoon pepper

6 chicken legs (drumsticks plus thighs))

In a bowl, mix the tomato sauce, parsley, sugar, salt, chili powder, pepper sauce and pepper. Mix well.

Brush the sauce on the chicken legs. Place the chicken legs on a medium-hot grill approximately four inches from the heat.

Cook for about 40 minutes or until done, turning and brushing frequently with the tomato mixture.

Per Serving (excluding unknown items): 21 Calories; trace Fat (3.9% calories from fat); 1g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 604mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.