

Chicken

Hot and Chili Chicken

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Servings: 4

1/2 cup sweet or bitter orange marmalade

2 tablespoons chili powder (mild, hot or a mix of both)

1/2 teaspoon salt

8 (2 1/4 pounds) chicken drumsticks

Preheat oven to 400 degrees.

Line a rimmed baking sheet with nonstick foil.

Mix the marmalade, chili powder and salt in a large zip-top bag.

Add the chicken. Seal the bag. Turn and squeeze the bag to coat the drumsticks.

Arrange on a lined baking sheet. Spoon on any excess marmalade mixture.

Bake 25 to 30 minutes until cooked through and an instant-read thermometer inserted in the thickest part of the meat and not touching bone registers 180 degrees.

Per Serving (excluding unknown items): 2204 Calories; 119g Fat (50.3% calories from fat); 264g Protein; 0g Carbohydrate; 0g Dietary Fiber; 1109mg Cholesterol; 1403mg Sodium. Exchanges: 39 1/2 Lean Meat.