



Bubbie Ita's Saucy Moroccan Drumsticks



Serving
6-8



Prep
75 Minutes



Cook
50-60 Minutes



Contributer
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Sauce

- ½ cup Peanut butter
- 1 ½ cup Tomato juice
- ½ cup Packed brown sugar
- 1 small can Tomato paste
- 2 tbsp Lime juice
- 2 tbsp Minced ginger
- 1 or 2 tsp Garlic cloves
- 12 Manzilla stuffed olives

Chicken

- 12 Chicken drumsticks or thighs
- 1 ½ tbsp Cinnamon
- 1 tsp Oregano
- 1 tsp Olive oil
- 4 Green onion, chopped for garnish
- 2 tbsp Sesame seeds for garnish
- 2 tbsp Chopped unsalted peanuts (optional)

1. Dry drumsticks well. Coat chicken with cinnamon and oregano. Place on baking sheet.
2. Fry chicken to caramelize a bit (optional).
3. Combine sauce ingredients. Mix well to blend. Pour over chicken and let marinate for ½ hour. Add olives.
4. Cover pan with tinfoil and bake at 350° F for 1 hour or until well cooked.
5. Garnish if desired with green onion and sesame seeds.

DIETITIAN'S MESSAGE

This is a delicious and fun recipe to eat with a big group. Serve with couscous and veggies to complete this Moroccan meal. Enjoy!



Scan the QR code to view and download the **The Brain Health Food Guide** – an eating tool that includes a variety of healthy foods that supply your brain with the nutrients it needs to function best and will help lower the risk of dementia.

