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.

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CCNV
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