

Lip Smacking BBQ Drumsticks



Recipe Makes: 5 servings

Prep Time: 10 minutes

Cooking Time: 35 minutes

Tip: You can use the same amount of skinless, bone-in chicken thighs instead of drumsticks.

- 1 kg (~ 10) skinless chicken drumsticks
- 1 tsp (5 mL) canola oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 Tbsp (15 mL) chopped fresh thyme
- 2 tsp (10 mL) chili powder
- 1/4 tsp (1 mL) fresh ground pepper
- 2 cups (500 mL) tomato passata
- 3/4 cup (175 mL) chopped pitted Medjool dates
- 1/4 cup (60 mL) cider vinegar
- 1 Tbsp (15 mL) Worcestershire sauce
- 1 tsp (5 mL) hot sauce

Instructions

1. In a saucepan, heat oil over medium heat and cook onion, garlic, thyme, chili powder and pepper for 3 minutes or until softened. Stir in tomato passata, dates, vinegar, Worcestershire and hot pepper sauce and bring to a simmer for 5 minutes. Remove from heat and let cool slightly. Scrape into blender and purée until smooth. Makes about 2 1/2 cups (625 mL) of sauce.
2. Place drumsticks on greased grill over medium heat for 10 minutes. Turn and grill for 5 minutes more. Start brushing with about 1 cup (250 mL) of sauce, turning often and basting for about 10 minutes more.
3. Serve with some of the remaining sauce, if desired. Cover and refrigerate remaining sauce for up to 2 weeks.

Nutrition Information	
Valeur nutritive	
per 1 serving	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 229	
Fat / Lipides 8 g	12%
Saturated / saturés 2 g	
+ Trans / trans 0 g	
Cholesterol / Cholestérol 97 mg	
Sodium / Sodium 182 mg	8%
Carbohydrates / Glucides 12 g	4%
Fiber / Fibres 2 g	
Sugars / Sucres 10 g	
Protein Protéines 27 g	
Vitamin A / Vitamine A	
Vitamin C / Vitamine C 9%	
Calcium / Calcium 4%	
Iron / Fer 16%	