



Peanutty Drumsticks

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One Day One Month Freezer Meal Technique

Yield: 6 servings

Great for picnics, but messy. Good flavor, easy. Can use any cut of chicken.

1/2 cup	peanut butter	1 teaspoon	curry powder
1/3 cup	honey	1	garlic clove, minced
1/4 cup	soy sauce	2 1/2 pounds	chicken drumsticks
3 tablespoons	vegetable oil		

In a large ziplock baggie, mix peanut butter, honey, soy sauce, vegetable oil, curry powder, and garlic. Place the drumsticks in the baggie and carefully massage the baggie until each piece is thoroughly coated.

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Refrigerate chicken 2 to 12 hours to marinate.

To cook, place the drumsticks on a 9x13 baking pan. Bake at 375° for 25-30 minutes, or until the chicken is light brown and the juices run clear. Serve warm or cold.

to use as a freezer meal

Freeze the baggie with marinade and chicken.

To serve, thaw overnight in the fridge. This is when the chicken absorbs the marinade.

Cook as above.