

Healthy Ways to Eat Chicken Drumsticks



Chicken drumsticks are a delicious cut of meat that can deliver great flavor while still being a healthy option! The bone and slightly higher fat content than white meat create a juicy, rich flavor that can be enhanced with a variety of herbs, spices, and sauces.

Chicken Skin

Leave it on or take it off?

While chicken skin can be tasty to leave on, it also increases the saturated fat content of the finished product. Try taking the skin off and using extra herbs and spices to create a delicious dish.

What makes dark meat dark?

- Myoglobin! You may have heard that dark meat is dark because it has more fat. While it is true that dark meat contains slightly more fat than white meat chicken, the determining factor in its darker color is the special protein called myoglobin. If you remove the skin, dark chicken meat has 2 grams of saturated fat per 3 ounces compared to 1 gram of saturated fat per 3 ounces of light meat, which is not a major difference. Dark chicken meat, also due to myoglobin, has a higher concentration of iron, zinc, and healthy omega-3 fatty acids.

How To Store: Chicken drumsticks can be safely kept 1-2 days after thawing in the refrigerator, and in the freezer indefinitely, but up to a year for best quality.

How To Prepare: Avoiding cross-contamination with raw meat is critical. Prepare separately from other components of the meal, and be sure to wash your hands and sanitize your work station before continuing.

How To Cook: There are many ways to cook chicken drumsticks, but with all of them, you must reach an internal temperature of 165°F. Grilling or roasting drumsticks at a high temperature (400°F) for around 30 minutes will provide great results!

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Chicken with Apples and Raisins

Ingredients

- 1 onion
- 2 carrots
- 2 apples
- 5 pounds chicken drumsticks (or other pieces)
- 1 tsp ground cinnamon
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 15oz can low-sodium chicken broth
- 2 tbsp canola oil
- 3/4 cup raisins

Directions

- Peel and dice onion. Rinse, peel, and dice carrots. Rinse and dice apples.
- If using, chop nuts. Rinse and mince parsley or cilantro.
- In a small bowl, mix cinnamon, coriander, cumin, 1/4 teaspoon salt, and pepper.
- Pat chicken dry with paper towels. Remove skin. Cut chicken into equal-sized pieces.
- In a large skillet over medium heat, heat 1tbsp oil. Add onion, carrots, and apples. Cook until starting to brown. Transfer to a medium bowl.
- Add remaining 1tbsp oil to skillet. Brown chicken in 2 batches, 2-4 minutes per side. Return all chicken pieces to skillet and add broth. Bring to a simmer. Cook, turning occasionally, until chicken reaches an internal temperature of 165°F. Transfer cooked chicken to a clean plate.
- Add raisins, vegetable mixture, and remaining 1/4 teaspoon salt to skillet. Bring to a simmer and cook until liquid is almost gone, 5-10 minutes more. If using, top with nuts and herbs.

Kick'n Chicken Pitas

Ingredients

- 2 cups romaine lettuce
- 1 cup grapes, seedless
- 1 cup chicken drumstick meat
- 1/3 cup chow mein noodles
- 1/3 cup carrots
- 2 tbsp green onions
- 4 tbsp light sesame salad dressing
- 2 whole wheat pita pockets

Directions

- Halve grapes
- Shred romaine lettuce
- Shred carrots
- Slice green onions
- Halve pitas and open the middle.
- Cook chicken drumsticks to an internal temperature of 165°F. Shred meat from bone.
- Combine romaine lettuce, grapes, chicken, chow mein noodles, carrots, and green onions in a medium bowl. Mix well with a large spoon.
- Add dressing to bowl. Mix until ingredients are coated with dressing.
- Spoon about 1 cup of mixture into each pita pocket half. Serve.

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