

Mustard and Honey Drumsticks

4 servings

For the Drumsticks:

- 8 chicken drumsticks
- sprigs of fresh parsley, to garnish

For the Glaze:

- ✓ 4 tbsp honey
- ✓ 4 tbsp whole grain mustard
- ✓ 4 tbsp white vinegar
- ✓ 2 tbsp corn oil
- ✓ salt and pepper

Directions:

- Using a sharp knife, make 2-3 diagonal slashes in the chicken drumsticks and place them in a large, nonmetallic dish.
- Mix all the ingredients for the glaze together in a measuring cup, seasoning to taste with salt and pepper. Pour the glaze over the drumsticks, turning until the drumsticks are well coated. Cover with plastic wrap and let marinate in the refrigerator for at least 1 hour.
- Preheat the broiler. Drain the chicken drumsticks, reserving the marinade. Cook the chicken under the preheated broiler, turning frequently and brushing with the reserved marinade, for 25-30 minutes, or until thoroughly cooked. Transfer to serving plates, garnish with sprigs of parsley, and serve immediately.