

Eat Well



LIP SMACKING BBQ DRUMSTICKS

These delicious drumsticks are coated in heavenly homemade barbecue sauce. Sweetened with Medjool dates, this is guaranteed to be your go-to sauce. Use it with grilled meats for that everlasting taste of summer. Turn up the heat factor if you like things extra spicy.

Prep Time **10** min

Cook Time **35** min

Makes 5 Servings

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

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 puree until smooth. Makes about 625 mL (2 1/2 cups) 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 250 mL (1 cup) of sauce, turning often and basting for about 10 more minutes.*

3. Serve with some of the remaining sauce, if desired. Cover and refrigerate remaining sauce for up to 2 weeks.

* Use a digital food thermometer to check that chicken has reached an internal temperature of 74 °C (165 °F).

Recipe developed by Emily Richards, P.H. Ec. for Health Canada and the Heart and Stroke Foundation.

NUTRIENTS PER SERVING

% DV

Calories	229	-
Fat	8 g	12 %
Saturated + Trans	2 g	10 %
	0 g	-
Cholesterol	97 mg	-
Sodium	182 mg	8 %
Carbohydrate	12 g	4 %
Fibre	2 g	7 %
Sugars	10 g	-
Protein	27 g	-
Vitamin A	-	6 %
Vitamin C	-	9 %
Calcium	-	4 %
Iron	-	16 %

TIPS

- You can use the same amount of skinless, bone-in chicken thighs instead of drumsticks.
- Food safety move: measure out 250 mL (1 cup) of the sauce for basting the chicken. Cover and save the rest in the fridge for later.
- Passata is cooked tomatoes that have been crushed and strained, and it's usually sold in a tall glass jar.