

SPICED CHICKEN LEGS

WITH CUCUMBER SALAD

INGREDIENTS

CHICKEN

- 8 chicken legs patted dry with a paper towel
- 1 tablespoon olive oil
- 2 teaspoons paprika
- 2 teaspoons cumin
- 1 teaspoon onion powder
- 1/2 teaspoon black pepper

CUCUMBER SALAD

- 2 cucumbers
- 1 package grape tomatoes, cut into quarters
- 1/2 red onion, diced
- 1 tablespoon olive oil
- 1 tablespoon red wine or apple cider vinegar
- 1/2 teaspoon celery salt
- 1/2 teaspoon black pepper
- 1 bunch fresh parsley, roughly chopped

INSTRUCTIONS

1. Preheat oven to 400 degrees and line a sheet pan with foil
2. In a large bowl, toss chicken legs with olive oil and sprinkle in all spices, mixing well to coat evenly
3. Spray pan with cooking spray to coat evenly
4. Bake for 25 minutes or until internal temperature reads 165, turning halfway to brown evenly
5. Dice the cucumber, tomatoes, and onion
6. Combine veggies in a large mixing bowl with the olive oil, vinegar, celery salt, and pepper
7. Finely chop the fresh parsley and add one large handful to the salad, reserving a small amount to top the chicken

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FOOD AS HEALTH *Alliance*



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DIABETES FRIENDLY



4 SERVINGS



30 MIN



SPICED CHICKEN LEGS NUTRITION FACTS

Check the label

Nutrition Facts

Serving size **2 Drumsticks with
two cups salad**

Amount Per Serving
Calories 280

% Daily Value*

Total Fat 10g	13%
Saturated Fat 2.1g	11%
<i>Trans</i> Fat 0g	
Cholesterol 145mg	48%
Sodium 200mg	9%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 34g	68%
Vitamin D 0mcg	0%
Calcium 37mg	2%
Iron 1.7mg	10%
Potassium 554mg	10%
Niacin 8.6mg	50%
Vitamin B6 0.692mg	40%
Vitamin B12 0.83mcg	35%
Zinc 3.58mg	35%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

This recipe is low in both saturated fat and sodium, so it is also a great meal for heart health.

How can eating this meal help you manage your Type 2 Diabetes?

For many people with type 2 diabetes, losing weight can be a great tool for managing symptoms and improving blood sugar levels. This meal contains 34 grams of protein while still being low calorie. It only has 13 grams of carbohydrates and no added sugars, so you can feel good about what you are eating.

Diabetes Medicine and B Vitamins

Some diabetes medication, such as Metformin, may interfere with the digestion of certain vitamins like Vitamin B12. So be sure you are getting enough in your diet! This recipe is a great natural source of B12 and several other B vitamins.

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COST BREAKDOWN

SPICED CHICKEN LEGS

SHOPPING LIST	COST	COST PER SERVING
• 1 package chicken drumsticks	\$5.97	\$1.00
• Paprika	\$1.00	\$0.17
• Cumin	\$1.00	\$0.17
• Onion powder	\$1.00	\$0.17
• 2 cucumbers	\$1.36	\$0.23
• 1 package grape tomatoes	\$2.30	\$0.38
• 1 red onion	\$1.02	\$0.17
• 1 bunch fresh parsley	\$0.98	\$0.16
• Red wine vinegar	\$1.94	\$0.32
• Celery salt	\$1.94	\$0.32
TOTAL	\$18.51*	\$3.09

*Based on 4 servings. Prices obtained from Walmart.com

Chicken drumsticks are often more affordable when purchased in bulk from the frozen section. You can remove the number of drumsticks you need and leave the rest in the freezer. Just remember to either thaw overnight in a sealed container in the fridge or adjust the cooking time if cooking from frozen!



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