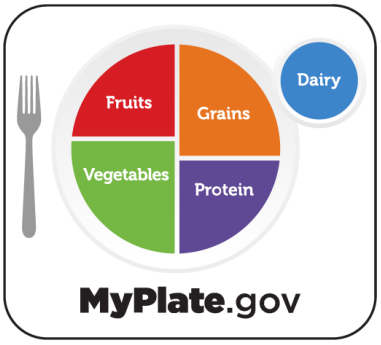

Chicken, Drumsticks, Frozen

MyPlate Food Group: **Protein**

USDA Foods

Nutrition Information

- 1 ounce of cooked chicken counts as 1 ounce in the ChooseMyPlate.gov Protein group.
- All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Beans and peas can also be considered a part of the Vegetable Group.
- Eat a variety of protein foods to improve nutrient intake and health benefits.
- Chicken drumsticks supply many nutrients such as protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium.

Uses and Tips

- Thaw frozen chicken drumsticks in the refrigerator or microwave by using the defrost setting.
- Do not thaw on the countertop at room temperature.
- Refer to the product's packaging for more information on how to properly thaw this product.
- Chicken drumsticks are a raw product and must be fully cooked to 165 degrees Fahrenheit before eating.
- Chicken drumsticks can be baked and grilled.
- Use leftover cooked chicken to make soups, stews, casseroles and cold salads.

Storing Foods at Home

- Keep frozen chicken drumsticks at 0 degrees F until ready to use.
- After cooking, store any leftover chicken drumsticks in a tightly covered container in the refrigerator.

MyPlate Facts

- Proteins are one of three nutrients that provide calories (the others are fat and carbohydrates).
- Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins.
- The nutrients in protein foods can vary depending on the protein food source. Varying your protein food choices can provide your body with a range of nutrients that will help to keep your body working well.
- B vitamins help build tissue and aid in forming red blood cells. Iron can prevent anemia. Magnesium helps build bones and supports muscle function. Zinc can support your immune systems.

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Roasted Chicken Drumsticks
Makes 8 servings

Ingredients
8 chicken drumsticks
1 ½ Tablespoons paprika
1 Tablespoon garlic powder
2 teaspoons onion powder
½ teaspoons cayenne pepper
2 teaspoons dried oregano
2 teaspoons dried thyme
½ teaspoon black pepper
1 teaspoon salt
2 Tablespoons oil

Directions: *Wash hands with soap and water.*

1. Preheat the oven to 425 degrees Fahrenheit.
2. Line a baking sheet with parchment paper.
3. In a shallow bowl, mix together the paprika, garlic powder, onion powder, cayenne pepper, oregano, thyme, black pepper, and salt.
4. Add oil to the spice mix and stir to combine.
5. Rub spice mix evenly over the chicken.
6. Place the chicken on the prepared baking sheet.
7. Roast the chicken for 20-25 minutes.
8. Flip the chicken and roast for 10 more minutes until fully cooked and internal temperature is at least 165 degrees Fahrenheit.
9. Serve warm and enjoy!

Recipe adapted from Common Threads

Crispy Oven-Fried Chicken
Makes 8 servings

Ingredients
Cooking spray
½ cup milk, non-fat (or buttermilk)
1 teaspoon poultry seasoning, Italian seasoning or oregano
1 cup cornflakes, crumbled
1 ½ Tablespoons onion powder
1 ½ Tablespoons garlic powder
2 teaspoons black pepper
2 teaspoons crushed red pepper flakes
1 teaspoon ground ginger
8 chicken drumsticks
¼ teaspoon paprika

Directions: *Wash hands with soap and water.*

1. Preheat the oven to 350 degrees Fahrenheit.
2. Coat a baking sheet with cooking spray or rub with oil.
3. In a shallow bowl, add milk and ½ teaspoon of poultry seasoning and stir to combine.
4. In a plastic gallon-sized bag, add cornflake crumbs and combine with remaining ½ teaspoon of poultry seasoning and all other spices (except paprika).
5. Dip chicken into milk, shake to remove excess, and quickly shake in bag with seasoning and crumbs.
6. Evenly space chicken on greased baking sheet. Sprinkle lightly with paprika for color.
7. Cover with aluminum foil and bake for 20 minutes.
8. Remove foil and continue baking for an additional 20 minutes or until the internal temperature is at least 165 degrees Fahrenheit.

Recipe adapted from MyPlate Kitchen

These recipes have not been tested or standardized.