



Recipe

Diabetic-Friendly Lemon Chicken



INGREDIENTS

To marinate the chicken

1. Chicken drumsticks (skin off).

Aromatics (to be finely chopped/pounded)

2. 3 cloves of garlic, minced.

Everything else

3. Fresh lemon juice.
4. Olive oil.
5. Salt and pepper to taste.
6. Fresh herbs (thyme or rosemary).



STEPS

1. Pre-heat oven to 190 degrees.
2. Combine lemon juice, olive oil, minced garlic, salt, and pepper in a bowl.
3. Place chicken drumsticks in a baking dish and pour lemon marinade over them.
4. Sprinkle fresh herbs on top for added flavour.
5. Bake for 25-30 minutes or until the chicken is cooked through and golden brown.
6. Season with salt and pepper according to taste.
7. Serve hot and enjoy.

