

Honey Garlic Roasted Chicken Drumsticks

This recipe was used in the January 2017 Farm Fresh Food Day at all Dexter Schools to celebrate Michigan's Statehood.

Ingredients:

Honey Garlic Sauce

1 tsp Olive oil

½ Cup Honey

2 Tbsp Soy Sauce

¼ Cup Chicken broth

5 Garlic cloves

1 tsp. Cornstarch

Chicken Drumsticks

2 ½ Lbs Chicken Drumsticks

To taste Salt and Pepper

Directions:

Pre-heat oven to 375. Place chicken drumsticks on a cookie sheet lined with parchment paper. Pat chicken dry and season with salt and pepper to taste. Place chicken in oven for 20 minutes.

Meanwhile, in a small saucepan over medium heat, add olive oil and garlic. After garlic has cooked for 1 minute add honey and soy sauce. In a separate bowl add broth and cornstarch and mix thoroughly. Pour cornstarch mixture into small saucepan with honey and bring to a boil. Cook until sauce has thickened, about 5 minutes.

After 20 minutes, remove chicken from oven and coat with sauce. Return chicken to oven for another 10 minutes. Coat one more time with sauce and cook for another 5-10 minutes or until chicken reaches 160F and juices run clean.

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Honey Roasted Carrots

This recipe was used in the January 2017 Farm Fresh Food Day at all Dexter Schools to celebrate Michigan's Statehood

Ingredients:

1 Bunch of carrots

3 Tbsp Honey

3 Tbsp Olive oil

1 Tbsp Orange juice

To taste Salt and Pepper

Directions:

Preheat oven to 375F and cut carrots into small coins. In the bottom of a large mixing bowl combine remaining dressing ingredients. Whisk dressing until fully mixed. Add carrots to dressing and mix to coat. Place carrots on a lined baking sheet and bake for 30 minutes or until carrots are soft in the center.

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