

Grilled Chicken Drumsticks with Garlic Marinade



Serves 4

Ingredients:

- 10 chicken drumsticks
- 1 1/2 cups of olive oil
- 1 head of garlic (around 10 cloves)
- juice from 1 lemon
- 1 tablespoon of sea salt
- 1/2 teaspoon of pepper

Instructions:

1. Begin by preparing the marinade. Place the olive oil, garlic, lemon juice, sea salt, and pepper into a blender or food processor and puree.
2. Rub the chicken drumsticks in the marinade, and place the chicken with the marinade into zip-top bags. Allow to marinate in the refrigerator for at least 2 hours.
3. Grill the chicken drumsticks, and serve.

Nutrition per serving: Calories 677; Total Fat 51.0 g; Saturated Fat 9.9 g; Monounsaturated Fat 18.5 g; Polyunsaturated Fat: 3.7 g; Total Carbohydrates 0.9 g; Dietary Fiber 0.0 g; Sugar Alcohols 0.0 g; Sugars 0.4 g; Protein 53.7 g; Sodium 644 mg