



TERIYAKI PINEAPPLE DRUMSTICKS

July 18

National Tropical Fruit Day

INGREDIENTS

- 1 Tablespoon Garlic Salt
- 1½ Teaspoons Paprika
- 24 Chicken Drumsticks
(with bone, with skin, about 3.7 ounces each)
- ½ Cup Canola Oil
- 1 Can (8 Ounces) Crushed Pineapple
- ½ Cup Water
- ¼ Cup Packed Brown Sugar
- ¼ Cup Worcestershire Sauce
- ¼ Cup Yellow Mustard

DIRECTIONS

1. Preheat oven to 350°.
2. Mix the garlic salt and paprika and sprinkle over chicken.
3. In a large skillet, heat oil over medium-high heat. Brown drumsticks in batches.
Transfer to a roasting pan.
4. Meanwhile, combine pineapple, ½ cup water, brown sugar, Worcestershire sauce and mustard; pour over chicken.
5. Cover; bake until tender, 1½ to 2 hours, uncovering during the last 20-30 minutes of baking to let skin crisp.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

24 Drumsticks

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Drumstick	1 Drumstick	2 Drumsticks	2 Drumsticks