

6 BAKED CHICKEN LEG RECIPES

AndiAnne.com

GARLIC PARMESAN CHICKEN

6-8 chicken legs
1 1/2 cups parmesan cheese
1 1/2 tsp dried parsley
1 1/2 tsp paprika
1/4 tsp salt
1/4 tsp pepper
1/2 cup melted salted butter

- Preheat the oven to 400°F. Line a baking sheet with aluminum foil (or use a baking sheet with a rack for crispier chicken).
- Melt the butter in a medium bowl. In a separate bowl, mix together the grated parmesan cheese, garlic powder, dried parsley, paprika, salt and pepper.
- Pat the chicken legs dry with paper towel (this will allow butter to stick better). First, dip the chicken in the bowl of melted butter. Make sure to cover the whole chicken leg with butter.
- Next, add to the bowl of grated parmesan mixture and toss until evenly coated.
- Place the chicken on a single layer on the baking sheet. Bake for 40-45 minutes, or until fully cooked.

OVEN FRIED BAKED CHICKEN

6-8 chicken legs
1/2 cup salted butter
1/2 cup all purpose flour
1 tsp paprika
1/2 tsp salt, 1/4 tsp pepper

- Preheat the oven to 420°F.
- Add the butter to the baking dish and place in the oven until it melts. In a separate medium bowl mix together the flour, paprika, salt and pepper.
- Pat the chicken legs dry with paper towel (this will allow the coating to stick better). Add the chicken to the flour mixture and coat all sides.
- Place the chicken legs in a single layer in the baking dish with melted butter. Bake for 40-45 minutes, flipping the chicken half way through.

CRISPY HERB CHICKEN

6-8 chicken legs
3 Tbsp vegetable oil
1 Tbsp Italian seasoning
1 Tbsp onion powder
1 Tbsp garlic powder

- Preheat the oven to 425°F. Line a baking sheet with aluminum foil or use a baking sheet with a rack for crispier chicken.
- Add the cooking oil, Italian seasoning, onion powder and garlic powder to a bowl. Add the chicken drumsticks and toss until evenly coated.
- Place the chicken on a single layer on the baking sheet. Bake for 40-45 minutes, or until fully cooked.

HONEY GLAZED CHICKEN

6-8 chicken legs
1/4 cup honey
1/4 cup soy sauce
1 Tbsp vegetable oil
2 tsp garlic powder
1 tsp ginger powder
1/4 tsp salt, 1/4 tsp pepper
1 Tbsp cornstarch
1 Tbsp warm water

- Preheat the oven to 400°F. Add the honey, soy sauce, vegetable oil, garlic powder, ginger powder, salt and pepper to a large bowl. Pour into a large ziploc bag or use a container.
- Pat the chicken legs dry with a paper towel then place the chicken into the large ziploc bag (or container). Chicken should be covered enough with the ingredients. Marinate chicken in the fridge for 2 hours, flipping them halfway through.
- Add 1 Tbsp of cornstarch and 1 Tbsp or warm water to a small bowl. Stir until it dissolves.
- Use tongs to add chicken to a baking dish that isn't too big. Next, add the cornstarch mixture to the sauce. Mix together until evenly coated. Pour the sauce into the baking dish over the top of the chicken.
- Bake for 40-45 minutes, flipping the chicken halfway through. Drizzle extra sauce on top of chicken, rice, and pasta to serve with.

SWEET AND SOUR CHICKEN

6-8 chicken legs
14 oz tomato sauce
2 Tbsp brown sugar
2 Tbsp white vinegar
1 Tbsp Worcestershire sauce
1/2 tsp salt, 1/4 tsp pepper

- Preheat the oven to 400°F. Line a baking sheet with aluminum foil (or use a baking sheet with a rack for crispier chicken).
- Mix the tomato sauce, brown sugar, white vinegar, worcestershire sauce salt and pepper in a large bowl. Stir together.
- Pat the chicken legs dry with paper towel and place on the baking sheet. Brush each chicken leg with the sweet and sour sauce.
- Bake for 40-45 minutes, flipping halfway through and brushing more sauce on to the chicken.

BARBECUE BAKED CHICKEN

6-8 chicken legs

1 cup barbecue sauce

1 tsp garlic powder

1/2 tsp black pepper

1/2 tsp paprika

1/4 tsp cayenne pepper

1/4 tsp onion powder

- Preheat the oven to 400°F. Line a baking sheet with aluminum foil (or use a baking sheet with a rack for crispier chicken).
- Add the barbecue sauce, garlic powder, ground black pepper, paprika, cayenne powder and onion powder to a large bowl. Mix everything together.
- Pat the chicken legs dry with a paper towel. Place them in the large bowl and toss to coat. Let them sit in the bowl in the fridge for 30 minutes to marinate.
- Place the chicken on a single layer on the baking sheet. Brush a little extra of the barbecue sauce mixture onto each one. Bake for 40-45 minutes, flipping the chicken and brushing with more barbecue sauce mixed halfway through.

RECIPE TIPS:

- Pat the chicken legs dry with paper towels before seasoning them. This will help remove any excess moisture that could prevent the skin from crisping up.
- For crispier skin, roast the chicken legs at a high temperature, around 425°F. This will help the skin get crispy while keeping the meat juicy.
- For crispier chicken legs, turn on the broil setting and broil the chicken for 2-3 minutes before it's fully cooked. Just be careful it doesn't burn.
- Don't overcook the chicken legs. Use a meat thermometer to check the internal temperature. The chicken legs should reach 165°F in the thickest part.
- Let the chicken legs rest for a few minutes before serving. This will allow the juices to redistribute and make the meat more tender.
- You can also marinate the chicken legs for a few hours before baking them. This will add flavor and help tenderize the meat.