



Parmesan Herb-Garlic Seasoned Chicken Drumsticks

Oven roasted chicken drumsticks seasoned with an Italian-inspired blend of garlic, Parmesan cheese and dried herbs 'n spices.

Servings: 10 Drumsticks (1 per serving)

Ingredients	Amount	Amount
Tyson® Chicken Drumsticks #26435-928		10 ea.
Parmesan Herb-Garlic Seasoning (see sub-recipe)	3.75 oz.	1 C
Tap Water, room temperature		as needed

DIRECTIONS:

1. Arrange the prepared parmesan herb-garlic seasoning in a shallow dish for dredging. Arrange the tap water in a deep dish for dunking. To season the chicken dunk each frozen drumstick in the tap water, and then immediately dredge in the parmesan seasoning. Arrange the seasoned drumsticks on a sheet pan lined with parchment paper that has been generously coated in non-stick cooking spray. Once all of the seasoned drumsticks are on the pan cover it with aluminum foil.
2. Bake the pan of covered chicken in a preheated 350°F convection oven for 12 minutes. Remove the foil from the sheet pan and continue to bake the drumsticks uncovered for an additional 8-12 minutes, or until the chicken begins to lightly brown and the minimum internal temperature reaches 165°F. Serve immediately, or hold loosely covered in a hot box at 145°F until ready to serve. One Parmesan Herb-Garlic Seasoned Chicken Drumstick per serving.

TYSON® PRODUCTS USED:

#26435-928, *Glazed Chicken Drumsticks*

Parmesan Herb-Garlic Seasoning

Parmesan Herb-Garlic Seasoned Chicken Drumsticks

Yield: 1-cup (approximately 3.75-ounces)

Ingredients	Amount	Amount
Parmesan Cheese, grated	3 oz.	¾ C

Italian Herb Seasoning Blend, dried, commercially prepared		2 ½ Tbsp.
Garlic Powder		2 ¼ Tbsp.
Crushed Red Pepper Flakes		¾ tsp
Ground Black Pepper		? tsp

DIRECTIONS:

1. Combine all of the ingredients in a mixing bowl and whisk together until thoroughly combined. Hold the prepared seasoning covered under refrigeration at 38°F until ready to use.

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CN Portion	1 piece
M/MA (oz)	2.50
Grain (oz)	0.00
Vegetable (oz)	0.00
Calories	160
Total Fat (g)	10.00
Saturated Fat (g)	2.50
Sodium (mg)	320
Carbs (g)	2
Protein (g)	16

