



ME Recipe: Sage-Rubbed Chicken Legs

Ingredients:

4 chicken legs, skin on (or chicken breasts)
1 tsp sage
1 tsp garlic powder
1/4-1/2 tsp black pepper
1/4 tsp sea salt 1 onion, diced

Directions:

Preheat oven to 375F

Mix together spices and salt in a small bowl and generously rub mixture all over chicken legs, getting under the skin if possible. Arrange legs in a Pyrex baking dish and sprinkle with onion.

Bake for 45-60 minutes This recipe is paired well with Brussels sprouts