

Chicken Legs

with Glazed Eggplant,
Zucchini and Apricot Skewers



Recent research found that adding food safety information to recipes led to consumers improving their safe food handling behaviors. Following the food safety information will help you reduce the risk of foodborne illness! For more on safe handling of poultry—when you shop and at home—go to www.fightbac.org.

INGREDIENTS

Chicken Legs:

- 4 whole chicken leg quarters
- 1½ tsp salt
- ½ tsp freshly ground pepper
- 1 tbsp fresh rosemary, finely chopped
- 4 garlic, minced cloves
- 2 tbsp olive oil

Skewers:

- ¾ cup balsamic vinegar
- 2 tbsp honey
- ½ tsp salt
- ½ tsp freshly ground pepper
- 1 tbsp lemon juice
- 1 eggplant, sliced into ½ to ¾-inch slices
- 2 zucchini, sliced into ½ to ¾-inch slices
- 8 dried apricots
- 8 wooden or metal skewers

DIRECTIONS

Clean work area. Wash hands with soap and warm water for 20 seconds. Wash food prep surfaces with warm soapy water. Use two separate cutting boards during preparation, one for raw chicken and the other for fruit, vegetables, herbs and spices.

In a small bowl, combine salt, pepper, rosemary, garlic and olive oil. Crush into a paste by pressing the garlic to the sides and bottom of the bowl with the back of a spoon. Place chicken legs in baking dish and rub all over with garlic rosemary paste, rubbing over and under skin. Wash hands after handling the chicken. Cover baking dish and place in refrigerator on the lowest shelf. Allow chicken to marinate for 30 minutes.

Wash hands. While chicken is marinating, combine balsamic vinegar, honey, ½ teaspoon salt, ½ teaspoon pepper and lemon juice in a small saucepan. Bring to a boil and reduce by half, about 15–20 minutes. If using wooden skewers, soak skewers in water to prevent burning while cooking.

Place vegetables and apricots in a large bowl. Pour balsamic glaze over; toss to coat well. String vegetables and apricots onto skewers, alternating between eggplant, zucchini and apricots. Pour any remaining glaze in bowl into saucepan and reheat to boiling. Set aside to cool.

Preheat broiler or prepare grill by heating on high for about 10 minutes. Adjust grill or broiler heat to medium high after preheating. Sear or broil chicken on lightly oiled rack. Turn over once until well browned, cooking for a total of 6–8 minutes. Continue to cook chicken, moving and turning to avoid burning.

Grill or broil chicken about another 20 to 25 minutes, until it reaches an internal temperature of 165 °F, as measured with a food thermometer. Insert food thermometer in thickest area, avoiding bone. Wash thermometer with hot soapy water after each temperature reading.

When chicken is halfway done, place vegetable skewers on grill or under broiler. Keep separate from chicken that is not fully cooked. Turn often until vegetables are tender and browned but not falling off of skewers, about 15–20 minutes.

To serve, place chicken on a clean platter and arrange skewers next to chicken (or remove vegetables from skewers if preferred). Drizzle warm vegetables with remaining reheated honey balsamic glaze.