



Chicken Legs

with Glazed Eggplant, Zucchini & Apricot Skewers

Makes 4 Servings

This recipe was developed using the Safe Recipe Style Guide at SafeRecipeGuide.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 cloves, minced

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 zucchinis, sliced into ½ to ¾-inch slices

8 dried apricots

8 wooden or metal skewers

Directions

1. Wash hands with soap and water.
2. Scrub garlic, eggplant, and zucchinis with a clean vegetable brush under running water.
3. 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.
4. Place chicken legs in baking dish and rub all over with garlic rosemary paste, rubbing over and under skin. Do not rinse raw poultry.
5. Wash hands with soap and water after handling uncooked chicken.
6. Cover baking dish and place in refrigerator on the lowest shelf. Allow chicken to marinate for 30 minutes. Do not reuse marinades used on raw foods.
7. 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.
8. 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.
9. 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.
10. Grill or broil chicken about another 20 to 25 minutes, until it reaches an internal temperature of 165°F on food thermometer.
11. 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 skewers, about 15–20 minutes.
12. 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.

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