

Lip smacking BBQ drumsticks

These delicious drumsticks are coated in heavenly homemade barbecue sauce. Sweetened with Medjool dates, this is guaranteed to be your go-to sauce. Use it with grilled meats and turn up the heat factor if you like things extra spicy.



 Kid-friendly

 **PREP TIME**
10 min

 **COOK TIME**
35 min

 **SERVINGS**
5

Ingredients

- 5 mL (1 tsp) canola oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 15 mL (1 tbsp) chopped fresh thyme
- 10 mL (2 tsp) chili powder
- 1 mL (1/4 tsp) fresh ground pepper
- 500 mL (2 cups) tomato passata
- 175 mL (3/4 cup) chopped pitted Medjool dates
- 60 mL (1/4 cup) cider vinegar
- 15 mL (1 tbsp) Worcestershire sauce
- 5 mL (1 tsp) hot pepper sauce
- 10 skinless chicken drumsticks (about 1 kg/2 lbs)

Directions

1. In a saucepan, heat oil over medium heat and cook onion, garlic, thyme, chili powder and pepper for 3 minutes or until softened. Stir in tomato passata, dates, vinegar, Worcestershire and hot pepper sauce and bring to a simmer for 5 minutes. Remove from heat and let cool slightly. Scrape into blender and purée until smooth. Makes about 625 mL (2 1/2 cups) of sauce.
2. Place drumsticks on greased grill over medium heat for 10 minutes. Turn and grill for 5 minutes more. Start brushing with about 250 mL (1 cup) of sauce, turning often and basting for about more 10 minutes. * Use a digital food thermometer to check that chicken has reached an internal temperature of 74°C (165°F).
3. Serve with some of the remaining sauce, if desired. Cover and refrigerate remaining sauce for up to 2 weeks.

Tips

- ✓ You can use the same amount of **skinless, bone-in chicken thighs** instead of drumsticks.
- ✓ **Food safety move:** measure out 250 mL (1 cup) of the sauce for basting the chicken. Cover and save the rest in the fridge for later.
- ✓ **Passata is cooked tomatoes** that have been **crushed and strained**, and it's usually sold in a tall glass jar.
- ✓ Try using less of the ingredients that are high in added sodium, sugars or saturated fat. Adding salt or sugars directly to your recipe? Remember, a little often goes a long way.

Recipe developed by Emily Richards, P.H. EC for the Heart and Stroke Foundation.
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