

Honey Dijon Grilled Chicken Drumsticks

INGREDIENTS

- 8 chicken drumsticks, skin-on and bone-in
- 6 tablespoons olive oil
- 2 tablespoon Dijon mustard
- 2 tablespoon Worcestershire sauce
- 2 tablespoon lemon juice
- 2 teaspoon garlic powder
- 2 teaspoon smoked paprika
- 2 teaspoon onion powder
- 2 teaspoon Italian seasoning
- 3 teaspoons coarse sea salt
- 1 teaspoon black pepper
- 2 tablespoon brown sugar or coconut sugar
- 1 teaspoon chili flakes (optional)

For serving:

- Fresh parsley
- Lemon wedges
- Flaky sea salt

DIRECTIONS

1. Pat the drumsticks dry and place in a large bowl or zip-top bag.
2. In a small bowl, whisk together: olive oil, Dijon mustard, Worcestershire sauce, lemon juice, garlic powder, smoked paprika, onion powder, Italian seasoning, salt, pepper, brown sugar or coconut sugar, and chili flakes
3. Pour the marinade over the chicken and toss well to coat. Cover and refrigerate for at least 30 minutes, ideally 2-4 hours.
4. Preheat grill to medium heat (about 375-400°F).
5. Grill drumsticks over indirect heat for 25-30 minutes, turning every 5-7 minutes, until the internal temperature reaches 175-185°F and the skin is golden and caramelized.
6. Move drumsticks over direct heat for the final 2-3 minutes to crisp the skin slightly.
7. Finish with chopped parsley, flaky salt, and fresh lemon wedges.