

Crispy Baked Chicken Drumsticks: The Perfect Weeknight Dinner

Looking for an easy, healthy, and delicious dinner idea? These crispy baked chicken drumsticks made with NutraFarms' antibiotic free chicken are perfect for a weeknight meal. No frying necessary—just an oven, some simple ingredients, and you've got yourself a satisfying, family-friendly dish. This delicious recipe is a collaboration with [Breanne Hesch](#). Follow her for more tasty recipe ideas!

Ingredients:

- 6 NutraFarms air-chilled chicken drumsticks
- 2 tablespoons olive oil
- 1/2 cup all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- Salt and pepper, to taste

Instructions:

1. Prep the Chicken:

- Preheat your oven to 390°F (200°C).
- Pat your chicken drumsticks dry with a paper towel. This helps achieve that perfect crispy skin.
- Coat the drumsticks evenly with olive oil.

2. Make the Spice Mixture:

- In a bowl, combine:
 - Flour
 - Baking powder

- Paprika
- Garlic powder
- Onion powder
- Salt and pepper to taste.
- Mix well to distribute the spices evenly.

3. Coat the Chicken:

- Roll each drumstick in the spice mixture, ensuring they are evenly coated.
- Shake off any excess flour to avoid clumping.



4. Bake to Perfection:

- Place the coated drumsticks on a baking rack set over a baking sheet. This ensures even cooking and crispiness.
- Spray the drumsticks lightly with oil.
- Bake at 390°F for 30 minutes, flipping the drumsticks halfway through for even browning.



5. Serve and Enjoy:

- Serve your crispy baked chicken drumsticks with a side of rice, quinoa, or your favourite vegetables for a balanced meal.
- Dig in and enjoy the crispy, flavourful goodness!



Why Choose Nutrafarms' Air-Chilled, Antibiotic-Free Chicken?

Nutrafarms' [air-chilled, antibiotic-free chicken](#) is not only healthier but also more flavourful. Raised without antibiotics and air-chilled for optimal freshness, this chicken offers a superior taste and texture compared to conventional poultry. The chickens roam freely, supporting ethical farming practices and ensuring clean, nutrient-dense protein for your family.

Choosing air-chilled, antibiotic-free chicken means better flavour, healthier meals, and a commitment to sustainable farming.



Final Thoughts

These crispy baked chicken drumsticks are a breeze to make and deliver on both texture and taste. Perfect for a quick weeknight dinner, they'll become a staple in your meal rotation. Give them a try tonight and enjoy guilt-free, oven-baked comfort food!