

Maple Glazed Chicken Drumsticks

6 Drumsticks
¼ Cup maple syrup
2 Tablespoon Soy Sauce
½ teaspoon ginger
1 teaspoon cornstrach
½ teaspoon garlic powder
¼ teaspoon pepper
1 cup frozen winter vegetable mix (optional)
1 ½ cups hot cooked brown rice



Put thawed drum sticks in the crockpot. Mix syrup, soysauce ginger, cornstarch, garlic and pepper. Pour over drumsticks. Roll drumsticks in sauce to cover. Cook for 5 to 7 hours on low. Rinse vegetables to get rid of ice. Flip drumsticks to recoat. Put the veggies on top and cook for another 30 to 60 minutes till hot. Take out veggies and chicken. Stir rice into the sauce and serve. (Can cook ½ cup brown rice and 1 ¼ cup water in a rice cooker to create 1 ½ cups cooked rice or heat up leftover rice and stir in)

<http://www.lincolntent.com/GlutenFreeCaseinFree-Chicken.html>