

Baked Stuffed Chicken Legs

Veronica bassett

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

Servings: 6

*1/2 pound mushrooms,
coarsely chopped
1 small onion, coarsely
chopped
1/2 green pepper, coarsely
chopped
1 cup + 1 tablespoon butter
or margarine, divided
1/2 teaspoon
Worcestershire sauce
pinch salt
pinch pepper
pinch sage
2 cups cooked wild rice
6 chicken legs with thighs
juice of one lime
1 tablespoon paprika*

In a saucepan, saute' the mushrooms, onions and pepper in one tablespoon of the butter until tender. Add the Worcestershire, salt, pepper and sage. Stir in the rice.

Separate the skin from the meat of the chicken legs to create a pocket. Stuff the rice mixture lightly between the meat and skin. Arrange the chicken legs in a shallow pan.

In a bowl, combine the lime juice and paprika. Brush the mixture onto the chicken.

Bake at 350 degrees for one hour or until golden brown, basting frequently.

Per Serving (excluding unknown items): 78 Calories; 1g Fat (5 calories from fat); 3g Protein; Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 8mg Sodium; Exchanges: 1 Grain(Starch); Lean Meat; 1/2 Vegetable; 0 Other Carbohydrates.