



Sweet Legs

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Sweet with a lil spicy kick, these Sweet Legs are definitely a crowd pleaser.

Ingredients:

- 4 carrots
- 2 medium sweet potatoes, chopped into 1" pieces
- 1 onion, chopped into 1" pieces
- 1 bell pepper, chopped into 1" pieces
- 4 cloves garlic, halved
- 8 chicken legs
- 4 Tbsp honey
- 4 Tbsp cane syrup
- 4 Tbsp maple syrup
- 2 tsp [Slap Ya Mama Original Blend Seasoning](#)
- ½ tsp brown sugar
- pinch of: thyme, rosemary, oregano, basil
- [Slap Ya Mama Low Sodium Blend Seasoning](#), to taste (optional)
- 4 Tbsp unsalted butter, cut into 8 pieces

Directions:

Preheat oven to 350 degrees F.

In a 9" x 13" oven-proof dish, spread the vegetables evenly. In a large bowl, combine honey, cane syrup, maple syrup, Slap Ya Mama Original Blend Seasoning, brown sugar, thyme, rosemary, oregano and basil; mix well. Add in chicken legs to syrup mixture and toss well. Place chicken legs on top of the vegetables in the oven-proof dish and top with remaining syrup mixture from the bowl. Sprinkle Slap Ya Mama Low Sodium Blend Seasoning to taste over the whole dish and top each leg with a ½ Tbsp. of butter.

Bake at 350 degrees F for 35 minutes, occasionally basting the chicken legs with the syrup mixture. Increase heat to 400 degrees F and bake for another 15 mins.

Serve and enjoy!

Serves 4