Easy Chicken Legs and Thighs

Baked chicken legs are the ultimate in effortless, budget-friendly cooking. We'll show you how to bake chicken legs. Simply season and pop them in the oven, leaving you free to prep the rest of the meal.
While cooking a whole chicken isn't always practical, baking chicken legs is definitely a weeknight solution. A chicken leg, also called a hindquarter, is made up of one thigh and one drumstick that are joined together. The thigh is the upper part of the leg and the drumstick is the lower part. Both are dark meat. These whole chicken legs are inexpensive, versatile, meaty, and moist. Plan on one leg per person.
Tip: To reduce fat and calories, you can skin chicken legs. Bake the chicken with the skin on to keep it moist. Cool slightly and pull the skin off, starting at the thigh end. Have a kitchen shears or knife handy to snip off the skin if needed.

Continue to Next Page (>) for the full list of ingredients and complete cooking instructions.

Ingredients
Preheat oven to 350*
6-8 chicken thighs or legs
1/2 cup light brown sugar
1 pkg dry Iitailian dressing mix

Direction
Mix dressing mix and brown sugar together in small bowl
coat chicken pieces with mixture and bake in 350* oven 35-40 min or until chicken is cooked through