

Orange-Glazed Chicken Drumsticks

with Mashed Yucca & Arugula Salad

Yucca, also known as cassava, is a long, brown tuber that's a staple in Latin-American cuisines. Most people liken it to a potato, but it's really anything but. When mashed, yucca is fluffier than potatoes and has a light, delicate sweetness. It's the perfect accompaniment to the succulence of chicken drumsticks and slight bitterness of arugula.



Ingredients

- 2 Cloves Garlic
- 2 Scallions
- 1 1-Inch Piece Ginger
- 1 Lime
- 1 Orange
- 1 Pound Yucca
- 6 Chicken Drumsticks
- 1 Tablespoon Brown Sugar
- 1 Tablespoon Soy Sauce
- 2 Teaspoons Sesame Oil
- 1 Tablespoon Butter
- 2 Ounces Arugula
- ½ Cup Low-Fat Milk

Makes 2 Servings
About 700 Calories Per Serving



Instructions



Prep & cook the yucca:

Preheat the oven to 425°F. Heat a large pot of salted water to boiling on high. Peel the **yucca** and cut away any black spots. Cut the yucca into thirds. Cut each third lengthwise into quarters. Cut out and discard the woody core from each piece. Once the water is boiling, add the **cored yucca** and cook 33 to 35 minutes, or until very tender and no longer opaque. Drain thoroughly and return the yucca to the pot. Add the butter and, using a fork, mash the yucca. Gradually stir in **as much of the milk as you'd like** to until the mash reaches your desired consistency. Season with salt to taste.



Prepare the ingredients:

While the yucca cooks, wash and dry the fresh produce. Peel and mince the ginger and garlic. Thinly slice the scallions on an angle, separating the white bottoms and green tops. Cut the lime into quarters. Using a peeler, remove just the rind of the orange, avoiding the white pith; mince the rind to get 2 teaspoons of orange zest. Cut the orange into quarters.



Marinate the chicken:

While the yucca continues to cook, in a large bowl, combine the **soy sauce, sesame oil, orange zest, ginger, garlic, brown sugar, white parts of the scallions and the juice of 3 orange wedges**. Stir until the sugar dissolves. Add the drumsticks. Toss to thoroughly coat and let stand for at least 5 minutes to marinate.



Roast the chicken:

Transfer the **marinated chicken** to a sheet pan or baking dish and drizzle with any marinade left in the bowl. Place in the oven and roast 28 to 30 minutes, or until cooked through, flipping halfway through. Remove from oven and let rest while you continue cooking.



Make the dressing:

While the chicken roasts, in a small bowl, combine the **juice of 2 lime wedges and the juice of the remaining orange wedge**. Season with salt and pepper and whisk in **2 tablespoons of olive oil** until well combined.



Make the salad & plate your dish:

Just before plating your dish, in a medium bowl, toss the **arugula** with enough **dressing** to thoroughly coat the greens (you may have extra dressing). To plate your dish, divide the **roasted drumsticks, mashed yucca and arugula salad** between 2 plates. Garnish with the **green parts of the scallions and remaining lime wedges**. Enjoy!