

Tangy Chicken Legs

From: Jennie @ On the table tonight

1 large package of chicken legs
Cooking spray
1 t. garlic powder
1 c. applesauce
¼ c. + 2 T. low-sodium soy sauce

Place chicken on a broiler pan coated with cooking spray. Sprinkle with garlic powder; broil 15 minutes. Combine applesauce and soy sauce in a small bowl, then brush over chicken. Turn chicken over, brush with sauce, and broil an additional 10-15 minutes or until done, basting frequently with applesauce mixture.