

# Keto Garlicky Salt & Pepper Chicken Legs

## Ingredients:

- 8-9 Chicken legs (organic preferred for low-sodium diets)
- Kosher salt
- Pepper
- Sesame oil
- Minced garlic

1. Preheat oven to 400 degrees.
2. Mix 2 tsp. salt and 4 tsp. pepper in a shallow bowl or pan.
3. Toss chicken legs in salt and pepper until coated and transfer to a baking sheet that has been coated with cooking oil spray.
4. Bake 15 minutes. Turn and bake an additional 15-20 minutes.
5. Add 4 tsp. sesame oil and 2 1/2 tsp. minced garlic (or 5 cloves) to a skillet. Note: If using regular sesame oil, heat oil on medium before adding garlic. If using toasted sesame oil, heat oil and garlic together.
6. Toss baked chicken legs in a bowl with garlic and sesame oil mixture.

Enjoy!