

Crock Pot Maple Dijon Chicken Drumsticks

This is an EASY slow cooker chicken dish made with only 6 ingredients, including the salt and pepper! Kid-friendly and delicious – the chicken literally falls off the bone!

It's great having friends who love to cook. I get the best ideas from them, and this recipe is the perfect example. My girlfriend Nalini is an excellent cook, and she was telling me about this chicken recipe she made in the oven for her family. Me of course changed the recipe (I just can't help myself) I removed the skin from the drumsticks, modified the ingredients and adapted the recipe for my slow cooker. Results – AMAZING! Kids, husband, everyone loved it!! I served this with Shredded Brussels Sprouts with Proscuitto from [The Skinnytaste Cookbook](#) (which my 4 year old loves) and everyone was happy.

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Servings: 4 • Size: 2 drumsticks • Old Points: 5 pts • Points+: 5 pts

Calories: 219 • Fat: 4 g • Carb: 17 g • Fiber: 0 g • Protein: 26 g • Sugar: 12 g

Sodium: 796 mg • Cholesterol: 96 mg

Ingredients:

- 8 skinless drumsticks
- 1/4 cup pure Maple syrup
- 2 tbsp balsamic vinegar
- 1/4 cup Dijon mustard
- 3/4 tsp garlic salt
- Fresh cracked pepper

Directions:

Season chicken with garlic salt and pepper and place in slow cooker. Combine maple, balsamic, and Dijon in a small bowl and whisk until smooth. Pour over the legs, making sure the chicken is covered.

Set a 6-quart slow cooker to HIGH and cook 4 hours, or until cooked through and tender.