

Low-Point Chicken Legs with Root Beer BBQ Sauce

Ingredients:

- 5, boneless, skinless chicken legs
- 1/2 cup ketchup (no-salt if you can find)
- 1 cup root beer
- 1/2 tsp. creole seasoning
- 1/4 tsp. sea salt or coarse salt
- 2 Tbs flour

Place chicken legs into a crock pot. In a small bowl, combine ketchup, root beer, creole seasoning, and salt. Pour over chicken and cook on high for 3 hours (or until done). Remove chicken and add the flour to the sauce, whisking until slightly thickened. Drizzle sauce on top of chicken and be prepared to be amazed!

Total servings - 5

Serving size - 1

Points per serving - 2

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

***"If you tell the truth, you don't have to remember anything."
- Mark Twain***