



Grilled Chicken Legs

Choose chicken legs instead of hot dogs for your next cookout. They're lower in fat and easy to cook and eat!

Plan ahead for quick meals:

- Buy a large package of chicken legs.
- Boil the chicken legs in water until fully cooked.
- Pack cooked chicken legs in freezer bags and freeze.
- When you need a quick meal, grill a few chicken legs for your family.



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