Drumsticks w/ Sweet Potato Mash and Wilted Spinach

Serves 8

425degrees

24 chicken drumsticks, skin on

2 tsp smoked paprika

1 tsp sea salt

1 tsp garlic powder

1 tsp ground black pepper

1 tsp poultry seasoning

1 tsp cayenne pepper, optional

1 cup ghee or coconut oil

4 lbs sweet potatoes, peeled and cut into 1 inch chunks

6 tbsp ghee or coconut oil, softened

½ tsp cinnamon

¼ tsp ground nutmeg

¼ tsp sea salt

1 lb baby spinach

1 tbsp cooking fat

Sea salt & freshly ground black pepper to taste

* Drumsticks:
* Preheat oven to 425 F with a baking sheet large enough to fit the drumsticks inside (use 2 if needed).
* In a saucepan over medium-low heat melt the ghee or coconut oil and add the seasonings, mix well, remove from heat.
* Rinse and pat the drumsticks dry.
* Dip each drumstick into the mixture so they are fully coated.
* Place them on the preheated baking sheet(s).
* Once they have all been dipped use a pastry/cooking brush to give them one good last coating of the remaining butter.
* Place them in the oven for 40-45 minutes, until internal temperature reaches 165 F. If using 2 baking sheets rotate halfway through.
* If you desire crispier skin turn on the broiler and let each sheet broil for a couple minutes, watching them closely.
* Remove from the oven and transfer to a plate.
* Sweet Potatoes:
* Place the sweet potatoes in a large pot and fill with cold water just enough so they are covered.
* Bring to a boil and cook until soft, about 15 minutes.
* Strain the potatoes and return them to the pot, add the ghee or coconut oil, cinnamon, nutmeg, and salt. Mash well.
* Spinach:
* In a large sized sauté pan heat the cooking fat over medium heat.
* Add spinach and stir occasionally until spinach is wilted.
* Season to taste with salt and pepper and stir once again.