



# Ways To Include Drumsticks In Your Pregnancy Diet

## Drumstick Soup



- 1 Sauté drumsticks, onions, and potatoes in a pressure cooker with heated butter on a medium flame for two minutes.
- 2 Add four cups of water and mix well. Pressure cook for three minutes, and then release the steam before opening the lid.
- 3 Transfer to a bowl. Add salt and pepper, and then serve it hot.

## Drumstick Curry In Tomato Sauce

- 1 Cook tomatoes in four cups of water.
- 2 Puree the cooked tomatoes.
- 3 Cut drumsticks, potatoes, and other vegetables into big pieces.
- 4 Fry mustard and cumin seeds in ghee, add asafoetida and gram flour, and cook the mixture on slow flame for 2-3 minutes.
- 5 Add tomato puree, cut vegetables, curry leaves, green chilies, and salt, and cook for 15-20 minutes until vegetables are soft. Serve hot.



## Lemon And Herb-Coated Drumsticks



- 1 In a small bowl, mix olive oil, lemon juice, minced garlic, dried oregano, dried thyme, salt, and pepper to make the marinade.
- 2 Place drumsticks in a large resealable bag, add the marinade, seal the bag and toss until it coats the drumsticks evenly.
- 3 Marinate the drumsticks in the refrigerator for at least 30 minutes or up to 8 hours.
- 4 Preheat the oven to 375°F (190°C), remove drumsticks from the marinade, place them on a baking sheet lined with foil, and bake for 40-45 minutes or until fully cooked and crispy.
- 5 Store in the refrigerator. Use them to prepare quick soups and curries.