

RECIPE CARD

Roasted Turkey Legs

These roasted turkey legs are perfect anytime and work especially well for small Thanksgiving gatherings.

Prep Time	Cook Time	Resting time	Total Time
10 mins	50 mins	10 mins	1 hr 10 mins

Course: Main Course Cuisine: American

Servings: 4 servings Calories: 432kcal

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Ingredients

- ☐ Avocado oil spray
- ☐ 4 turkey legs - medium-sized, bone-in, skin-on, about 10 ounces each (see notes)
- ☐ ¼ cup butter - melted

Seasoning mix:

- ☐ 1 teaspoon sea salt
- ☐ ¼ teaspoon black pepper
- ☐ 1 teaspoon garlic powder
- ☐ 1 teaspoon dried thyme
- ☐ 1 teaspoon paprika



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Instructions



1. Preheat the oven to 450°F. Line a roasting pan or rimmed baking sheet with foil for easy cleanup, fit it with a rack, and spray the rack with avocado oil.
2. Pat the turkey legs dry with paper towels. Brush them all over with melted butter and rub them with the seasoning mix. Place them on the roasting rack and lightly spray them with avocado oil.
3. Place the turkey in the oven. Roast it, uncovered, for 20 minutes, until the skin is browned.
4. Loosely cover the turkey with foil to avoid scorching the top, and continue roasting until the juices run clear when pierced with a fork and an instant-read thermometer not touching the bone registers 160°F, about 30 more minutes.
5. Remove the turkey drumsticks from the oven and allow them to rest, still covered in foil, for 10 minutes before serving. Do not skip this step - it will enable the internal temperature to climb and the juices to redistribute and settle.