

“FRIED” CHICKEN

Ingredients

- 2½ cups cornflakes (unsweetened), crushed into fine crumbs (try pulsing in a food processor)
- ½ cup all-purpose flour
- 1½ tablespoons black pepper
- 1½ teaspoons paprika
- ¾ teaspoon cayenne pepper
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 1 cup low-fat buttermilk
- 1 egg
- 2 teaspoons hot sauce
- ½ teaspoon salt
- 3½ pounds skinless chicken legs, split into thighs and drumsticks

SERVES 10

Nutrition Facts: 252 calories, 7g fat, 2g saturated fat, 390mg sodium, 13g carbohydrates, 1g fiber, 33g protein

HEALTHIER TRADITIONS COOKBOOK

American Classics

Directions

1. Preheat oven to 375°F. Grease a baking sheet lightly with olive oil.
2. Combine cornflakes, flour, and spices in a shallow bowl. Set aside.
3. In a large bowl, whisk together buttermilk, egg, hot sauce, and salt. Add chicken pieces and thoroughly coat each with the mixture.
4. For this step, use 1 hand for wet ingredients, the other for dry ingredients). Working with 1 piece of chicken at a time, remove from buttermilk mixture and allow excess to drip off. Dip into cornflake mixture and pack crumbs onto chicken. Place each piece on the baking sheet, creating a single layer.
5. Bake for 45–50 minutes until golden brown and no longer pink in center (a thermometer inserted into thickest part of chicken should read 165°F).

