

6.4: Recipe Makeover: Un-Fried Chicken

Ingredients

1 cup low-fat buttermilk
 2 large egg whites, beaten
 1 cup all-purpose flour
 1/3 cup cornmeal
 1 tsp. salt (divided)
 3/4 tsp. freshly ground black pepper
 1/4 tsp. ground red pepper
 2 chicken breast halves, skinned (about 1 lb.)
 2 chicken drumsticks, skinned (about 1/2 lb.)
 2 chicken thighs, skinned (about 1/2 lb.)
 2 tbsp. canola oil
 Cooking spray



Preparation

1. Preheat oven to 425°F.
2. Cover a large baking sheet with parchment paper. Combine buttermilk and egg whites in a shallow dish; stir well with a whisk. Combine flour, cornmeal, 1/2 tsp. salt, black pepper and red pepper in a separate shallow dish; stir well.
3. Sprinkle chicken evenly with remaining 1/2 tsp. salt. Dip chicken in buttermilk mixture; dredge in flour mixture.
4. Heat oil in large non-stick skillet over medium-high heat. Add chicken to pan; cook 4 minutes on each side or until lightly browned. Place chicken on prepared baking sheet; lightly coat chicken with cooking spray.
5. Bake at 425°F for 30 minutes until chicken is done. Serves 4 (1 serving = 1 chicken breast half or 1 drumstick & 1 thigh)

Nutrition (per serving)

Calories	450
Fat	13.8g
Sat. Fat	2.5g
Carbohydrates	35.3g
Protein	43.5g
Fiber	1.7g
Sodium	320mg

Use this version over a well-known fast-food version of fried chicken and save yourself a whopping 10 grams of fat per serving!