



Oven 'Fried' Chicken

Serving Size: 1 breast half or 1 thigh and 1 drumstick

Yield: 4 servings

Ingredients:

3/4 cup low-fat buttermilk

2 each chicken breast, drumsticks, thighs, skin removed

1/2 cup all purpose flour

1 teaspoon salt

1/4 teaspoon cayenne pepper

1/4 teaspoon ground cumin

1/4 teaspoon black pepper

Cooking spray



Directions:

1. Combine buttermilk and chicken in large zip-top plastic bag; seal. Marinate in refrigerator 1 hour, turning occasionally.
2. Preheat oven to 450°. Combine flour, salt, peppers and cumin in second large zip-top bag. Remove chicken from marinade and discard marinade.
3. Add chicken one piece at a time to flour mixture, shaking bag to coat chicken.
4. Remove chicken from bag, shaking off excess flour. Spray lightly with cooking spray and return, one piece at a time, to flour mixture shaking to coat.
5. Place chicken on baking sheet lined with parchment paper. Lightly coat chicken with cooking spray. Bake at 450° F for 35 minutes or until done, turning after 20 minutes.

Nutrition Facts: Calories, 265; Calories from fat, 45 ; Total fat, 5g; Saturated fat, 1.2g; Trans fat 0g; Cholesterol, 110mg; Sodium, 0mg; Total Carbohydrate, 15g; Fiber, 1g; Protein, 38g

Source: www.extension.org



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