

Spicy Oven-fried Chicken



Makes 12 servings

Ingredients

I 1/2 cups buttermilk

3 tablespoons extra-virgin olive oil

3 tablespoons hot sauce

2 tablespoons spicy brown mustard

3 cloves garlic, minced

I teaspoon freshly ground black pepper

4 to 6 sprigs fresh rosemary

I medium onion, diced

12 pieces chicken (breast, thigh and leg)

I cup plain bread crumbs

1/3 cup finely shredded cheddar cheese

1/4 cup all-purpose flour

2 teaspoons ground oregano

1/2 teaspoon smoked paprika

1/4 teaspoon ground cayenne pepper

I tablespoon unsalted butter

Directions

I. In a large bowl, combine first 6 ingredients. Whisk until well-blended. Add rosemary, onion and chicken. Mix until chicken is well-coated. Cover, place in refrigerator and allow to marinate for at least 3 hours (or up to 24 hours).

2. Preheat oven to 425 F.

(directions continued on back)

MAIN DISH





Directions (continued)

- 3. Cover baking sheet with foil. In another large bowl, combine bread crumbs, cheese, flour, oregano, smoked paprika and cayenne. Mix well. Remove chicken from marinade, allowing extra marinade to drip off. Add chicken to the large bowl with the bread crumb mixture. Toss until well-coated. Arrange chicken skin-side-up on racks on baking sheets. Let stand for 20 minutes.
- 4. In a small microwave-safe bowl, melt butter in the microwave. Drizzle butter over chicken. Bake for 45 to 50 minutes or until chicken is golden and crisp.
- 5. Serve warm.

= low sodium

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Nutrition Facts

Serving Size 1 piece (138g) Servings Per Container 12

Calories 230	Calories from Fat 80
	% Daily Value
Total Fat 9g	14%
Saturated Fat	3g 15 %
Trans Fat 0g	
Cholesterol 120	ng 40 %
Sodium 190mg	8%
Total Carbohydr	ate 9g 3%

Dietary Fiber 1g Sugars 1g Protein 27g

Vitamin A 2%

Calcium 6%

Recipe contains: milk, wheat Carb choices per serving: 1/2