

# Oven 'Fried' Chicken

## Ingredients

¾ cup low-fat buttermilk  
2 each chicken breast, drumsticks, thighs, skin removed  
½ cup all purpose flour  
1 tsp salt  
¼ tsp cayenne pepper  
¼ tsp ground cumin  
¼ tsp 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 for 35 minutes or until done, turning after 20 minutes.

**Nutrition Information** makes 4 servings (serving size 1 breast half or 1 thigh and 1 drumstick)

### Per Serving

Calories: 265  
Fat: 5 g  
Saturated Fat: 1.2 g  
Cholesterol: 110 mg  
Sodium: 754 mg  
Carbohydrate: 15 g  
Fiber: 1 g  
Protein: 38g



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