

Chicken

Crispy Buttermilk Chicken

Cooking Light

Servings: 4

Preparation Time: 20 minutes

Start to Finish Time: 20 minutes

MARINADE

1 3/4 cups whole buttermilk

1 large egg

3/4 teaspoon onion powder, divided

3/4 teaspoon ground red pepper, divided

INGREDIENTS

4 6-ounce boneless/skinless chicken breasts

1/2 teaspoon kosher salt

1 cup all-purpose flour

2 teaspoons black pepper

1 teaspoon celery salt

2 tablespoons canola oil

Preheat oven to 425 degrees.

Combine buttermilk, egg, 1/4 teaspoon onion powder and 1/4 teaspoon of red pepper in a bowl; mix well. Place marinade mixture in a zip-top plastic bag.

Add chicken to bag; seal bag. Marinate in refrigerator for 4 hours.

Remove chicken from bag; discard marinade. Sprinkle kosher salt over chicken. Combine 1/2 teaspoon onion powder, 1/2 teaspoon red pepper, flour, black pepper and celery salt in a shallow dish. Dredge chicken in flour mixture. Place chicken on a wire rack.

Heat a large ovenproof skillet over medium-high heat. Add oil. Place chicken in pan; saute' 4 minutes. Turn chicken over.

Bake chicken for 10 minutes.

Per Serving (excluding unknown items): 198 Calories; 8g Fat (38.8% calories from fat); 5g Protein; 25g Carbohydrate; 1g Dietary Fiber; 53mg Cholesterol; 650mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 1/2 Fat.