

Crispy (Un) Fried Chicken



Try this recipe for some healthy twists on an American favourite. Oven baking or air frying chicken with this flavourful breading keeps the familiar taste and crunch you love without the added saturated fats, calories, and sodium that come with deep frying. Top your salad with this chicken or serve with a complex carb, such as roasted potatoes or quinoa and side of roasted seasonal vegetables to complete your meal.

PREP TIME: 15 mins | COOK TIME: 18-22 mins | SERVES: 4

Ingredients:

- 60 g (1/2 cup) all-purpose flour
- 2 g (2 tsp) dried parsley
- 0.5 g (1/2 tsp) ground oregano
- 0.5 g (1/4 tsp) pepper
- 0.5 g (1/4 tsp) crushed red pepper flakes (optional)
- 125-250 mL (1/2 to 1 cup) low-fat buttermilk
- 7.5 mL (1/2 tbsp) red hot-pepper sauce, or to taste (optional)
- 20-25 g (1/3 cup) finely crushed whole-grain crispbread or whole-grain crackers (lowest sodium available) or whole-wheat panko (Japanese-style bread crumbs)
- 30 g (1/3 cup) shredded or grated Parmesan cheese
- 4 boneless, skinless chicken breasts (about 113 g or 4 ounces each), flattened to 6mm (1/4-inch) thickness, patted dry with paper towels

Directions:

1. Preheat the oven to 425°F (220°C).
2. In a shallow dish, whisk together the flour, parsley, oregano, pepper and cayenne. In a separate shallow dish, whisk together the buttermilk and hot sauce. In a third shallow dish, stir together the crispbread crumbs and Parmesan. Set the dishes and a large plate in a row.
3. Dip the chicken in the flour mixture, then in the buttermilk mixture and finally in the crumb mixture, turning to coat at each step and gently shaking off any excess. Using your fingertips gently press the crumb mixture so it adheres to the chicken. Place the chicken on the plate.
4. Place a wire rack on top of a rimmed baking sheet. Lightly coat the rack with cooking spray and place the chicken pieces on the rack in a single layer. Place the chicken in the oven and bake for 18-22 minutes, flipping the chicken pieces half way. The chicken is done when it reaches an internal temperature of 165°F (74°C).



Crispy (Un) Fried Chicken

Tip: For extra crispiness, switch the oven to broil for the last 1-2 minutes of baking. Watch the chicken carefully to ensure it does not burn.

Option: If you have an air fryer, you can use it to cook the chicken at 390°F (200°C) for 10-15 minutes.

Nutrition Facts:

Nutrition Facts Comparison		
Nutrition Facts	This Recipe (American Heart Association)	Traditional Fried Chicken (The Country Cook)
Calories	219 kcal	500 kcal
Protein	29 g	29 g
Total fat	5 g	32 g
Saturated fat	2 g	8 g
Carbohydrates	13 g	18 g
Fibre	2 g	1 g
Sodium	282 mg	850 mg

*Recipe adapted from the American Heart Association
Written by: Amy McKeown (Health Promotion Coordinator)*

