

BUTTERMILK OVEN-FRIED CHICKEN WITH COLESLAW

May 27, 2009

COLESLAW

4 cups packaged cabbage-and-carrot coleslaw
3 tablespoons fat-free mayonnaise
1 ½ teaspoons sugar
½ teaspoons celery seeds
1 ½ teaspoons cider vinegar
⅛ teaspoon salt

CHICKEN

1 cup low-fat buttermilk
4 (8-ounce) bone-in chicken breast halves,
skinned
⅓ cup all-purpose flour
⅓ cup cracker meal
½ teaspoon salt
½ teaspoon freshly ground black pepper
2 tablespoons butter

1. To prepare coleslaw, combine first 6 ingredients; toss to coat. Cover and chill.
2. Preheat oven to 425°.
3. To prepare chicken, combine buttermilk and chicken in a shallow dish, turning to coat.
4. Combine flour and cracker meal in a shallow dish. Transfer chicken from buttermilk to a work surface. Sprinkle chicken evenly with ½ teaspoon salt and pepper. Working with one chicken breast half at a time, dredge chicken in flour mixture, shaking off excess; set aside. Repeat procedure with remaining chicken and flour mixture.
5. Melt butter in a large ovenproof nonstick skillet over medium-high heat. Add chicken to pan, meat side down; cook 4 minutes or until golden brown. Turn chicken over, and bake at 425° for 32 minutes or until a thermometer registers 165°.

Nutrition Facts per serving

Calories 342 (0.0% from fat); Fat 8.8g (sat 4.5g, mono 2.2g, poly 0.8g); Iron 2.3mg; Cholesterol 123mg; Calcium 95mg; Carbohydrate 18.5g; Sodium 672mg; Protein 45.1g; Fiber 2.6g



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