

Fried Chicken

Compare one serving of the Oven-Fried Chicken to fried chicken from these fast-food restaurants:

	Oven Fried Chicken (1 breast)	Kentucky Fried Chicken® Original Recipe (1 breast)	Popeye's® Chicken (1 breast – mild)	Church's Chicken® (1 breast – spicy)
Calories	280	350	320	350
Fat (g)	4	20	20	20
Cholesterol (mg)	75	115	179	75

Here are some things you can do to make your fried chicken healthier:

- » Bake your “fried” chicken instead of frying it.
- » Remove the skin. Taking off the skin reduces the fat and cholesterol.
- » Trim all the fat you can see from the chicken.
- » Use crushed Corn Flakes® to make a crunchy skin for your oven-fried chicken. Try making your own bread crumbs by mixing bread toasted in the oven with some of your favorite spices.

‘Can’t Get Enough-alo’ Buffalo Chicken Fingers

What You’ll Need

- 1 1/2 pounds boneless, skinless chicken tenderloins
- 1/4 cup hot sauce
- 1/8 cup low-sodium soy sauce
- 1/8 cup vinegar
- 1/8 cup tomato ketchup
- 2 teaspoons olive oil

Coating:

- 1 1/2 cups bread crumbs, seasoned or plain
- cooking spray

Serves 8

Let’s Cook!

- 1 Combine first 6 ingredients in a mixing bowl and marinate in the refrigerator overnight, or for as long as possible, up to 12 hours.
- 2 Preheat oven to 375 degrees.
- 3 Place bread crumbs in a resealable plastic bag. Place each piece of chicken into bread crumbs and coat evenly.
- 4 Spray a baking pan with cooking spray and place strips on pan in a single layer.
- 5 Spray chicken strips with cooking spray.
- 6 Bake for 20 minutes, or until a meat thermometer inserted into the thickest part of the chicken reaches 165 degrees and the chicken turns golden brown.

Nutrition Facts

Serving Size (126g)	
Servings Per Container 8	
Amount Per Serving	
Calories 280	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 990mg	41%
Total Carbohydrate 29g	10%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 19g	
Vitamin A 0%	Vitamin C 10%
Calcium 4%	Iron 10%

