Oven-Fried Chicken with Roasted Potato Wedges

If you love crispy fried chicken, you’re going to be surprised how delicious this healthier, finger-licking-good, oven-baked version tastes.

Ingredients

Chicken

Cooking spray

1 cup low-fat buttermilk

1 large egg, lightly beaten with a fork

Red hot-pepper sauce to taste (optional)

1/2 cup whole-wheat flour

1 teaspoon paprika

1/2 teaspoon pepper

1 4-pound whole chicken, all visible fat, neck, and giblets discarded, cut into 8 pieces (2 breasts, 2 thighs, 2 drumsticks, and 2 wings)

Potato Wedges

Cooking spray

2 large baking potatoes, peeled if desired and cut into 1-inch wedges

1/2 teaspoon garlic powder

1/2 teaspoon dried parsley, crumbled

1/2 teaspoon pepper

Directions

Chicken

Preheat the oven to 425˚F. Lightly spray a large wire rack with cooking spray. Place the rack on a large baking sheet.

In a shallow dish, whisk together the buttermilk, egg, and hot-pepper sauce.

In a separate shallow dish, stir together the flour, paprika, and 1/2 teaspoon pepper.

Set the dishes and baking sheet in a row, assembly-line fashion. Dip each chicken piece in the buttermilk mixture, then in the flour, turning to coat at each step and gently shaking off any excess. Transfer to the wire rack on the baking sheet.

Lightly spray the chicken with cooking spray. Bake for 30 minutes. Turn over the chicken. Bake for 20 minutes, or until the chicken is no longer pink in the center. (Be sure all pieces register 165˚F on an instant-read thermometer.)

Potato Wedges

While the chicken is baking, lightly spray a second large baking sheet with cooking spray.

Arrange the potato wedges on the baking sheet in a single layer. Lightly spray with cooking spray.

In a small bowl, stir together the garlic powder, parsley, and remaining 1/2 teaspoon pepper. Sprinkle over the potatoes.

Once the chicken has baked for 20 minutes, place the baking sheet with the potatoes in the oven. Bake for 15 minutes. Turn over the potatoes. Bake for 15 minutes, or until the wedges pierce easily with a fork.

Quick Tips

Tip: Buying a whole chicken and cutting it into pieces is less costly than buying separate chicken parts.

Tip: A 4-pound whole chicken provides about 1 pound of breast meat, which is a healthy portion for serving four people. Enjoy the remaining chicken pieces during the week.

Calories	Protein	Fiber	Cost Per Serving
461 Per Serving	55g Per Serving	4g Per Serving	$2.04

Nutrition Facts

Calories	461
Total Fat	7.5 g
Saturated Fat	2.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.0 g
Monounsaturated Fat	2.0 g
Cholesterol	167 mg
Sodium	209 mg
Total Carbohydrate	43 g
Dietary Fiber	4 g
Sugars	2 g
Added Sugars	0 g
Protein	55 g

Dietary Exchanges
5 lean meat, 1 1/2 starch