

Crispy Oven-Fried Chicken



Enjoy the crispy, juicy taste of “fried” chicken without the oil and greasy mess, making this a lighter take on the Southern classic.

YIELD 4 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 40 MIN
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INGREDIENTS

For the Chicken:

1 cup	Buttermilk, non-fat
1 Tbsp	Crystal Hot Sauce
1-1 ½ lbs.	Chicken, thighs and drumsticks (Bone-in, Skin On)
½ cup	All Purpose Flour
2 Tbsp	Salt-free Creole Seasoning (see separate recipe)
⅛ tsp	Kosher Salt
As needed	Pan Spray

CHEF'S NOTES

You can also make this recipe in the air fryer! Just preheat the air fryer to 400°F. Marinate and season the chicken the same as the baked version below. Skip the pan spray and cook for about 15-20 minutes. Air fryers produce extra crispy results quicker than a traditional oven due to convection, which uses a fan to blow the hot air in the oven.

You can save even more time by marinating the chicken in the seasoned buttermilk in advance, for up to two days!

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 400°F. Line a sheet pan with parchment paper (or foil) and place a cooling rack on top, set aside.
2. In a medium bowl, mix the buttermilk and hot sauce together. Add the chicken to the mixture and let chicken marinate for 10-15 minutes.
3. Meanwhile, in a separate medium bowl, combine the flour, salt-free creole seasoning, and salt. Mix the dry ingredients together until well combined and set aside.
4. When the chicken is done marinating, take it out of the buttermilk mixture, allowing excess liquid to drip off and then coat the chicken evenly in the flour mixture on all sides.
5. Spray both sides of the chicken with non-stick pan spray. Place the chicken on the prepared pan and bake in the oven until the chicken is crispy, golden brown and reaches an internal temperature of 165°F, about 25-30 minutes. Flip the chicken over halfway through to allow all sides to get extra crispy.

Nutrition Facts

4 servings per container

Serving Size (154 g)

Amount per serving

Calories 280

% Daily Value *

Total Fat 15g 19%

Saturated Fat 4.5g 21%

Trans Fat 0g

Cholesterol 155mg 52%

Sodium 340mg 15%

Total Carbohydrate 7g 3%

Dietary Fiber 0g 0%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 27g 55%

Vitamin D 0.19mcg 0%

Calcium 50mg 4%

Iron 2mg 9%

Potassium 300mg 7%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

