



EAT MORE BURN MORE

# HEALTHY SOUTHERN FRIED CHICKEN



**Active time:** 35 minutes  
(plus marinating time)  
**Cook time:** 25 minutes  
**Yield:** 4 servings

## INGREDIENTS:

4 boneless chicken thighs	2 cups coconut flour
4 chicken breasts, cut in half crosswise	½ tsp cayenne pepper
1 quart buttermilk	1 tsp paprika
4 cloves garlic, minced	2 cups unsweetened, whole-grain cereal (such as Ezekiel or Bob's Red Mill), processed into crumbs
3 sprigs rosemary, stem off and minced	4 egg whites, lightly beaten
3 sprigs thyme, stem off and minced	Salt and pepper to taste
2 bay leaves	
Zest and juice from 1 lemon	

## PREPARATION:

1. Combine buttermilk, salt, garlic, rosemary, thyme, bay leaves, lemon zest, and juice. Add chicken to buttermilk brine and cover; refrigerate at least 4 hours or overnight.
2. Preheat oven to 350 degrees F. Mix flour, paprika, and cayenne pepper. Remove the chicken from the brine and pat dry.
3. Dredge chicken in the flour mixture, ensuring every piece is evenly coated. Place egg whites in a resealable plastic bag and add the chicken to coat. Place 'breadcrumbs' in a resealable plastic bag and add chicken to coat.
4. Finally, transfer the chicken to a baking sheet. Arrange in one layer.
5. Roast chicken in the oven until brown and crispy, about 25 minutes. Internal thigh temperature should read 165 degrees F. Serve hot.

**12-hour timesaver:** Skip marinating and go straight to step 2.

**Options:** Replace buttermilk with milk or use 1 tbsp extra-virgin olive oil.

**Quick tip:** Coat chicken with cooking spray before baking for a nice golden color.