

The Crispiest Oven-Fried Chicken Recipe



Ingredients

8 chicken drumsticks
4 cups non-fat buttermilk
1/4 cup salt
1/4 cup sugar
1 Tbsp hot sauce (preferably Frank's RedHot pepper sauce)
2 cups panko bread crumbs
2 Tbsp canola or vegetable oil
1 tsp chili powder
1/2 tsp garlic salt

Method

Combine the chicken, buttermilk, salt, sugar, and hot sauce in a sealable plastic bag and shake to combine. Refrigerate for at least 2 hours or up to 12 hours.

Preheat the oven to 350°F.

In a large mixing bowl, use your fingers to break up the panko bread crumbs into slightly smaller pieces (this will help create a more even coating on the chicken).

Add the oil, chili powder, and garlic salt and stir to combine.

Working with one piece at a time, remove the chicken from the marinade, shake off the excess liquid, then toss in the bread crumbs until thoroughly coated.

Place the chicken pieces on a rack set in a rimmed non-stick baking sheet.

Bake on the middle rack of the oven for about 30 minutes, until the bread crumbs are evenly browned and the chicken is cooked through.

NUTRITION: 270 calories, 10 g fat (3 g saturated), 420 mg sodium