



Elliott Evans Nutrition, LLC  
Prevent and Protect  
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## OVEN-FRIED CHICKEN WITH CRUNCHY BROCCOLI SLAW

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Serves 4

Canola oil, for the rack  
 $\frac{1}{2}$  teaspoon paprika  
 $1 \frac{1}{4}$  cups buttermilk  
Kosher salt and black pepper  
 $2 \frac{3}{4}$  bone-in chicken parts (thighs, legs, or breasts), skin removed  
1 cup crushed buttery round crackers (such as Ritz)  
 $\frac{1}{4}$  cup reduced-fat mayonnaise  
1 tablespoon cider vinegar  
 $\frac{3}{4}$  pound broccoli, chopped (about 4 cups), or 12 ounces broccoli slaw  
1 large carrot, coarsely grated  
 $\frac{1}{2}$  small shallot, chopped

- Heat oven to 375. Set a wire rack inside a rimmed baking sheet and lightly coat with Canola oil.
- In a shallow baking dish, combine the paprika, 1 cup of the buttermilk, and  $\frac{1}{2}$  teaspoon each salt and pepper. Add the chicken and turn to coat.
- Place the crushed crackers in a shallow bowl. Remove the chicken from the buttermilk mixture and coat with the crackers, pressing gently to help them adhere.
- Place the chicken on a rack and bake, turning halfway through, until crispy and when an instant-read thermometer registers 165F in the center of the thickest piece of chicken, 40-45 minutes.
- Meanwhile, in a large bowl, whisk together the mayonnaise, vinegar, the remaining  $\frac{1}{4}$  cup of buttermilk,  $\frac{1}{2}$  teaspoon salt, and  $\frac{1}{4}$  teaspoon pepper.
- Add the broccoli or broccoli slaw, grated carrot, and shallot; toss to combine. Serve with the chicken.