

OVEN-FRIED CHICKEN

Ingredients

- 1 whole chicken (about 3 1/2 pounds), cut into 8 pieces
- 2 cups low-fat buttermilk
- 1 cup bread crumb coating mix or panko-style breadcrumbs, gluten free if desired
- 1 1/2 teaspoon dried tarragon
- 1/2 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper

Directions

1. Preheat oven to 375°F. Place a rack on a rimmed baking sheet.
2. Put chicken pieces and buttermilk in a ceramic or glass dish; let marinate in refrigerator for 30 minutes.
3. In a shallow dish, combine bread crumbs, tarragon, salt and pepper. Remove chicken from refrigerator and drain off buttermilk.
4. Coat each piece completely with the seasoned crumbs and arrange on the rack.
5. Bake, uncovered, 1 - 1 1/4 hours or until chicken is thoroughly cooked and juices run clear. Serve immediately.