Buttermilk Oven “Fried” Chicken

SERVES 4

Fried chicken is one of my biggest weaknesses, so naturally I’ve been perfecting this lighter version for years. I’ve managed to achieve the same crispy golden texture you get from frying from my oven. Yep, it’s skinnier, easier, quicker, and (bonus) there’s no greasy mess to clean up. Soaking the chicken overnight (sometimes two nights) in a buttermilk bath is a must for meat that’s moist and juicy. To easily remove the skin from the drumsticks, use one paper towel to grasp the joint end and a second one to pull off the skin.

For the chicken: In a medium bowl, season the chicken with the salt, paprika, poultry seasoning, garlic powder, and black pepper. Pour the buttermilk and lemon juice over the chicken and refrigerate for 6 to 8 hours, preferably overnight.

Preheat the oven to 400°F. Place a rack on a baking sheet and lightly spray with oil.

For the coating: In a shallow bowl, combine the panko, cornflake crumbs, Parmesan, salt, parsley, paprika, onion powder, garlic powder, and chili powder.

Remove the chicken from the buttermilk, dredge each piece in the crumb mixture, and put the pieces onto the prepared baking sheet. Spray the tops of the chicken with oil.

Bake until golden brown and cooked through, 40 to 45 minutes.

**PER SERVING** (2 DRUMSTICKS)

- Calories: 294
- Fat: 8.5 g
- Saturated Fat: 2.2 g
- Cholesterol: 182 mg
- Carbohydrate: 12 g
- Fiber: 1 g
- Protein: 41 g
- Sugars: 2 g
- Sodium: 709 mg

**PERFECT PAIRINGS**

Serve this with corn on the cob, Cheesy Cauliflower “Mash” (page 269), or Seasoned Sweet Potato Wedges (page 277) and a side of Confetti Slaw (page 285).

**INGREDIENTS**

**Chicken**

- 8 chicken drumsticks (about 3½ ounces each), skinned
- ¼ teaspoon kosher salt
- ¼ teaspoon sweet paprika
- ¼ teaspoon poultry seasoning
- ¼ teaspoon garlic powder
- ¼ teaspoon freshly ground black pepper
- 1 cup buttermilk
- Juice of ½ lemon
- Cooking spray or oil mister

**Coating**

- 2 tablespoons grated Parmesan cheese
- 1½ teaspoons kosher salt
- 1 teaspoon dried parsley flakes
- 1½ teaspoons sweet paprika
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ¼ teaspoon chili powder