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Faux Fried Chicken

This crowd pleaser delivers big flavor with less than a quarter of the fat in the original.

Sweet 'n' Spicy Crispy Chicken

Makes: 6 servings

Prep time: 15 minutes

Cook time: 35 minutes

- Nonstick cooking spray
- ½ cup apricot preserves
- 2 tablespoons Dijon mustard
- 1 tablespoon Worcestershire sauce
- ½ teaspoon garlic powder
- ¼ teaspoon hot pepper sauce
- 2 cups crushed cornflakes
- 2 teaspoons salt
- 1 teaspoon dried thyme
- ¼ teaspoon black pepper
- 6 boneless, skinless chicken breasts (about 2 pounds)

1. Preheat the oven to 350°. Lightly coat a 13-by-9-inch baking dish with cooking spray.
2. To make the glaze: Whisk together apricot preserves, mustard, Worcestershire sauce, garlic powder and hot pepper sauce in a small bowl.
3. Mix together cornflakes, salt, thyme and black pepper on a piece of waxed paper.
4. Brush chicken breasts with apricot glaze and coat in cornflake mixture. Arrange chicken in a single layer in prepared baking dish.
5. Bake chicken 35 minutes or until internal temperature registers 170° on an instant-read thermometer.

Nutrition facts per serving: 343 calories, 34 g protein, 43 g carbohydrate, 4 g total fat (1 g saturated), 1 g fiber



GREAT SHAKES

A thinner layer of cornflakes equals crispier chicken, so brush off any excess before baking.

MIST OPPORTUNITY

For extra crunch, lightly spritz the coated chicken with nonstick cooking spray before baking.

SIMPLE SWAP

In a pinch, you can use low-fat buttermilk or Greek yogurt thinned with a little nonfat milk in place of the glaze.

Crunch Time Because you're using skinless breasts and baking instead of frying, you'll need the perfect coating for a crispy exterior. We use cornflakes in this recipe, but Rebecca Lang, the author of *Quick-Fix Southern*, says you can also dredge chicken in these ingredients.

- 2½ cups crushed whole-wheat melba toast
- 1½ cups whole-wheat flour + ¼ cup sesame seeds
- 2 cups whole-wheat panko
- 1¼ cups whole-wheat flour + ½ cup unsweetened coconut flakes
- 2 cups whole-wheat bread crumbs + ½ cup shredded sharp cheddar

PETER ARDITO, FOOD STYLIST; MATT VOHR FOR HALLEY RESOURCES, PROP STYLIST; PENELOPE BOUKLAS