

Fried Chicken

Sodium Per Serving – 77mg
Serves 4



- 2 tbsp all-purpose flour**
- 1/2 tsp dried basil**
- 1/2 tsp garlic powder**
- 1/4 tsp ground black pepper**
- 1/4 tsp dried rosemary, crushed**
- 1/4 tsp dried tarragon**
- 1/4 tsp dried thyme**
- 4 boneless, skinless chicken breasts or thighs (about 1 pound)***
- 1–2 tbsp olive oil**

1. Mix together flour, basil, garlic powder, pepper, rosemary, tarragon, and thyme; dredge chicken in flour mixture, shaking off any excess.
2. Heat oil in a large skillet over medium-high heat; add chicken. Cook until brown on one side, 4 to 5 minutes; turn. Decrease heat to medium-low; cover and cook until chicken is no longer pink, but still moist inside, 15 to 20 minutes.

NUTRITIONAL INFO PER SERVING: Calories 176, Fat 5g (Saturated Fat 1g), Cholesterol 69mg, Carbohydrates 3g (Fiber 0g, Sugar 0g), Sodium 77mg

Variation:

Oven-Baked Chicken

1. Beat together 2 eggs and place in a dish. Instead of flour, substitute 1/2 cup unsalted or LS bread crumbs* and mix with spices.
2. Dip chicken in eggs, then coat with bread crumb mixture. Bake in a preheated oven at 350°F (180°C) for about 20 minutes, or until chicken is no longer pink, but still moist inside.

NUTRITIONAL INFO PER SERVING: Calories 216, Fat 6g (Saturated Fat 1g), Cholesterol 69mg, Carbohydrates 10g (Fiber 0g, Sugar 0g), Sodium 77mg

*Recipe Notes

1. Although breast meat has less fat and sodium than thigh meat, thighs are juicier and more flavorful. (A 4-oz breast has 1g fat and 73mg sodium, 4 oz of thigh meat has 4g fat and 96mg sodium.)
2. Make fresh bread crumbs by tearing 1 slice of LS bread into pieces. Place in a food processor and pulse until desired coarseness.