



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Save Money with Simple Prep Skills

Boneless, skinless poultry is expensive these days.

Buy bone-in cuts to save \$\$, especially when they're on sale.

Deboning is easier than you think. You just need a sharp knife or kitchen shears and a few extra minutes.

Plus, a quick video with step-by-step instructions.

TIP: Be sure to debone before freezing to save you time later.

Scan to view a video on deboning a chicken thigh.



Once your chicken is deboned & skinned, try the oven-baked "fried" chicken recipe below.

Then, use any leftover chicken in a delicious Korean lettuce wrap!

Scan the QR code

or go to InSezonezine.com for the recipe.



Oven-Fried Chicken Thighs

Ingredients:

- 7 garlic cloves, minced
- 1-1/2 cups low-fat buttermilk
- 2 Tbsps. cayenne pepper sauce
- 8 boneless, skinless chicken thighs (about 2 pounds)
- 1/2 cup whole wheat flour
- 1/2 cup whole wheat panko breadcrumbs
- 1 Tbsp. paprika
- 1 1/8 teaspoons salt
- 3/4 tsp. ground black pepper
- 1 container (6 ounces) plain nonfat Greek yogurt
- 2 green onions, thinly sliced
- 2 tsps. fresh lemon juice



Directions:

1. In medium bowl, whisk 6 garlic cloves, buttermilk and 1 Tbsp. hot sauce. Add chicken; turn to coat. Cover with plastic wrap; refrigerate at least 30 minutes or up to 4 hours.
2. Preheat oven to 425°. Line rimmed baking pan with wire rack; spray with cooking spray. In medium bowl, whisk flour, breadcrumbs, paprika, 1/2 tsp. salt and 1/4 tsp. black pepper. Remove chicken from marinade, and discard marinade. Sprinkle chicken with 1/2 tsp. salt and remaining 1/2 tsp. black pepper. Dredge chicken in flour mixture; place on prepared rack and spray with cooking spray. Roast chicken 30 minutes or until golden brown and internal temperature reaches 165°.
3. In small bowl, stir yogurt, onions, lemon juice, and remaining 1 garlic clove, 1 Tbsp. hot sauce and 1/8 tsp. salt. Makes about 3/4 cup.
4. Serve 4 chicken thighs with yogurt mixture; cool remaining 4 chicken thighs, wrap with aluminum foil and refrigerate up to 4 days.