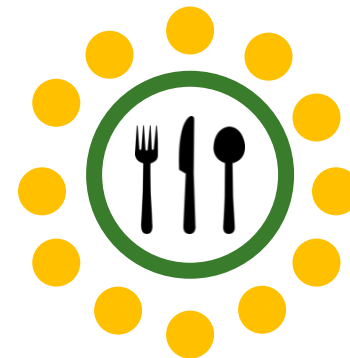


recipe of the week:

Southern Fried Chicken



ingredients:

1 cup low-fat buttermilk

2 whole chicken breasts, skinned, boned & halved

1 cup all-purpose flour

1½ tsp. salt

½ tsp. pepper

2 tsp. paprika

2 tsp. extra-virgin olive oil

directions:

1. Pour buttermilk into a 8 x 8 x 2 inch pan & dip chicken into it turning once to coat

2. Combine flour, salt, pepper & paprika in a paper bag or zip lock bag

3. Add chicken and shake to coat

4. Heat olive oil in a nonstick skillet over medium-high heat

5. Add chicken and cook 10 – 15 minutes, turning to brown evenly

6. Add 3 tbsp. water & cover. Reduce heat and cook 25 minutes.

7. Uncover and cook 5 – 10 minutes more

Presented by:

