

Spicy oven-fried chicken
Makes 8 servings. 5 points per serving
Ingredients ½ cup low-fat buttermilk 2 tsp hot pepper sauce ♦ 8 (5-oz) skinless bone-in chicken thighs ½ cup seasoned dry bread crumbs ½ cup ground almonds ¼ tsp salt ½ tsp freshly ground pepper
preparation 1. Preheat the oven to 425°F. Line a roasting pan with foil; spray the rack of the roasting pan with nonstick spray and place it in the pan. 2. Combine buttermilk and hot pepper sauce in a 9 x 13" baking dish. Place the chicken in the buttermilk mixture, turning to coat; set aside. 3. Combine the bread crumbs, almonds, salt, and pepper on a shallow plate. Dip the chicken into the crumb mixture, turning to coat all sides. Discard any excess buttermilk mixture and bread crumb mixture. Place the chicken on the rack; lightly spray the chicken with nonstick spray. 4. Bake 20 minutes, then lightly spray the chicken again with nonstick spray. Bake until the chicken is golden and an instant-read thermometer inserted in a thigh registers 180°F, about 25 minutes longer.
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Per serving (1 chicken thigh) 222 calories, 11 g fat, 1 g fiber
<small>Source: recipe adapted from WEIGHT WATCHERS EVERYONE LOVES CHICKEN Cookbook. 02005 Weight Watchers International, Inc. All rights reserved.</small>