

Fabulous Foods

Recipes from the Atkins Kitchen

Cutting The Carbs On Your Favorite Foods

(NAPSA)—For those who like to have their fried chicken and control their carbohydrates too, here's a recipe that's perfect for picnics, parties or fine dinners at home.

This recipe for crispy buttermilk fried chicken contains only six grams of carbohydrates per serving.

The recipe starts by marinating the chicken. "Don't skip this step," said Stephanie Nathanson, food editor for Atkins Nutritionals, Inc. "Marinating the chicken is what makes it tender. If you like your fried chicken a little spicy, add a good pinch of cayenne pepper or Creole seasoning to the bake mix."

The recipe uses Atkins™ Bake Mix, which makes a terrific flour substitute in carb-conscious recipes. Nutrient-rich, wheat and gluten-free, it offers a healthy alternative to high-carb baking.

Crispy Buttermilk Fried Chicken

Ingredients

- 1½ cups buttermilk
- 1 tablespoon lemon juice
- 1 fryer chicken (3 pounds, cut into 8 pieces)
- 1 cup Atkins™ Bake Mix
- 1 teaspoon salt
- ½ teaspoon freshly ground black pepper
- Vegetable oil for frying

Directions

1. In a large bowl, mix buttermilk and lemon juice. Add chicken; toss to coat. Cover and refrigerate at least 3 hours.

2. Drain chicken and pat dry with paper towels. Place bake



Batter up! Fried chicken can be low in carbohydrates and high in flavor.

mix, salt and pepper in a plastic or paper bag. In two batches, add chicken and shake to coat. Place chicken on wire rack and let dry 15 minutes.

3. Heat oven to 350°F. Heat ½" oil in a large skillet and, in two batches, fry chicken 4 to 5 minutes per side, until browned. Drain on paper towels and place on a baking sheet. Bake 30 to 35 minutes, until chicken is cooked through; turn pieces halfway through baking time.

Servings: 4; Prep time: 20 minutes; Marinate time: 3 hours; Bake/Cook time: 40 minutes; Nutrition Per Serving: Carbohydrates: 6 grams; Net Carbs: 3 grams; Fiber: 3 grams; Protein: 46.5 grams; Fat: 37 grams; Calories: 620

Atkins offers a free newsletter with product updates, low-carb diet tips and recipes. For more great recipes, look for *Dr. Atkins' New Diet Revolution* (Harper Collins) and *Atkins for Life* (St. Martin's Press). For more information, visit www.atkins.com.