

# Buttermilk Baked Chicken

Servings : 4

Amount	Measure	Ingredient - Preparation Method
2	cups	buttermilk
		juice of 1/2 lemon
1	tablespoon	hot sauce
1/2		yellow onion - sliced
5	sprigs	fresh thyme
3	cloves	garlic - smashed
		kosher salt and freshly ground black pepper
3	pounds	chicken - rinsed and patted dry
2	cups	crushed corn flakes
3/4	cup	parmesan cheese - grated
2	teaspoons	chopped fresh thyme

Preheat oven to 400. Fit a sheet tray with a wire rack and spray with nonstick cooking spray.

Mix together buttermilk, lemon juice, hot sauce, onion, thyme, garlic, salt and pepper in a large bowl. Add chicken and coat. Cover and refrigerate for 3-12 hours.

Mix corn flakes, cheese and thyme together. Season with salt and pepper.

Remove chicken from marinade, letting excess drip off, and dredge through corn flake mixture, pressing to adhere.

Place chick on wire rack and bake for 45 minutes until golden and crisp.