

# Honey-Crisp Oven-Fried Chicken

Servings : 4

| Amount | Measure     | Ingredient - Preparation Method |
|--------|-------------|---------------------------------|
| 4      |             | skinless bone-in chicken thighs |
| 2/3    | cup         | low fat buttermilk              |
| 4      | cups        | cornflakes                      |
| 1/2    | teaspoon    | paprika                         |
| 1/2    | teaspoon    | garlic powder                   |
| 1/2    | teaspoon    | salt                            |
| 1/4    | teaspoon    | freshly ground black pepper     |
| 1/4    | teaspoon    | cayenne                         |
| 2      | tablespoons | honey                           |

Place the chicken and buttermilk in a bowl and toss to coat. Marinate in the refrigerator for 1-4 hours.

Process cornflakes in food processor until crumbs form. Transfer to a shallow dish and mix in paprika, garlic powder, salt, pepper, and cayenne.

Preheat oven to 350. Spray baking sheet ith cooking spray.

Remove chicken frmo buttermilk, shaking off excess. Brush each piece with honey, then dip in cornflake crumbs, pressing hard to adhere. Place chicken on baking sheet. Spritz chicken with cooking spray. Bake until crisp and cooked through, 45 to 50 minutes.