

Healthy Nashville Hot Chicken

A Nashville favorite made easily in your kitchen with quality ingredients and about half the calories. It is the perfect combo of sweet and spicy- served perfectly with roasted veggies and a whole grain of choice.

Ingredients:

Chicken Breasts

2 lbs	Boneless, skinless chicken breast
1 cup	Buttermilk, lowfat
3 cups	Finely crushed corn flakes
3 tbsp	Whole wheat flour
1 tbsp	Chopped fresh thyme
1 tbsp	Extra virgin olive oil

Hot Honey Sauce

6 tbsp	Butter, light, unsalted
2 tbsp	Honey
1 tbsp	Cayenne pepper
1 tsp	Chili powder
1 tsp	Smoked paprika
1 tsp	Garlic powder

Directions:

1. Cut chicken breasts into smaller pieces (2-4 oz each)
2. Place chicken in a Tupperware bowl or in a large Ziplock bag. Add the buttermilk - being sure to coat each piece of chicken. Place in fridge for 30 minutes or overnight.
3. Once chicken is marinated, preheat oven to 425 degrees F. Line a large baking sheet with parchment paper and grease with cooking spray.
4. Mix corn crushed corn flakes, whole wheat flour, and chopped thyme in a bowl. Roll each piece of chicken breast in the mixture and place on lined baking sheet. Be sure to allow plenty of space between pieces; use two baking sheets if needed.
5. Lightly brush chicken with oil or use a spray bottle to spray oil on chicken.
6. Cook for 30-40 minutes, flipping the chicken at the 20-minute mark. Be sure the chicken has reached an internal temperature of 165 degrees or cooked until no more pink. If you have an air fryer, you can use that instead; it would make the chicken crispier!
7. While the chicken cooks, prepare the hot honey sauce. Mix all sauce ingredients in a saucepan. Place over medium heat, whisking frequently until butter is melted and all ingredients are mixed throughout.
8. Brush the cooked chicken with the hot honey sauce.
9. Serve on an open-faced whole grain sandwich or with your favorite whole grain. The chicken is also delicious served alone or with veggies.

Nutrition Facts:

Servings: 6 servings
 Serving size: 1 serving

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Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
Calories	357.1 kcal	18 %
Total Fat	9.8 g	15 %
Saturated Fat	4.7 g	24 %
Trans Fat	0.2 g	
Cholesterol	117.5 mg	39 %
Sodium	416.5 mg	17 %
Total Carbohydrate	31.7 g	11 %
Dietary Fiber	1.3 g	5 %
Sugars	10.3 g	
Protein	37.4 g	75 %
Vitamin A	27 %	Vitamin C 11 %
Calcium	6 %	Iron 40 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Full info at cronometer.com