

## **BUTTERMILK FRIED CHICKEN**

Source: **BETTER HOMES & GARDENS Great Cooking For 2**

Cook/Prep Time: 65 Minutes

### **INGREDIENTS:**

4 drumsticks or thighs OR 2 legs OR 1 breast, halved lengthwise (12 oz total)

1/3 C all-purpose flour

1/2 tsp dried basil or thyme, crushed

1/4 tsp salt

1/4 tsp onion powder

1/8 tsp pepper

1/4 C buttermilk

1 TBS cooking oil

#### **GRAVY:**

2 tsp all-purpose flour

1/2 tsp instant chicken bouillon granules

Dash pepper

3/4 C milk

### **DIRECTIONS:**

If desired, remove skin from chicken - rinse & pat dry. In plastic bag, combine flour, basil, salt, onion powder & pepper. Add chicken pieces to bag - shake to coat well. Dip chicken pieces, 1 at a time, into buttermilk - add pieces again to bag - shake to coat.

In medium skillet cook chicken 15 minutes, uncovered, in oil over medium heat, turning to brown evenly - reduce heat to medium-low & cook, uncovered, 35-40 minutes more or till chicken is tender & no pink remains, turning occasionally. Transfer chicken to paper towels to drain. Reserve drippings in skillet. Put chicken on individual plates & cover to keep warm.

GRAVY: Stir flour, bouillon & dash pepper into skillet drippings, scraping up any browned bits - add milk all at once - cook/stir over medium heat till thickened & bubbly. Cook/stir 1 more minute - serve gravy over chicken & over mashed potatoes, if desired.

Serves: 2

[per serving: calories: 430; protein: 35g; carbohydrates: 24g; total fat: 21g; saturated fat: 5g; cholesterol: 105mg; sodium: 664mg; potassium: 4680mg]