

## **Low Carb Southern Fried Chicken**

**SOURCE:** [www.lowcarbluxury.com/recipes](http://www.lowcarbluxury.com/recipes)

### **Ingredients:**

- Chicken pieces (thighs, wings, legs)
- 1 C Atkins Bake Mix
- 1 tsp dried parsley
- 1 tsp dried oregano
- 1/2 tsp dried basil
- 1/2 tsp garlic powder
- 1 tsp salt
- 2 tsp onion powder
- 1/2 tsp paprika
- 1 tsp black pepper
- 1/2 C heavy cream
- 1/4 C water
- 1 egg, beaten

### **DIRECTIONS:**

Mix all dry ingredients together, set aside - mix cream, water + beaten egg in bowl - dip each chicken piece into cream mixture, then coat chicken with dry mix. (Use a plastic shaker bag if you like)

Fill skillet about halfway with light olive or grapeseed oil. Heat to medium-high heat (when water "pops" in the oil, it's ready) Fry chicken without crowding. Use 2 skillets or do in 2 batches if necessary. (The oil will bubble up at first, then calm down as it cooks)

Turn down heat to medium to allow chicken to cook thoroughly. Turn chicken periodically to brown evenly.

When golden brown, drain on paper towels and remove to serving plate. Enjoy!

Servings depend on amount of chicken used - less than 1 gram of carbs per chicken piece.