

build a **BETTER FRIED CHICKEN**

With a few strategic swaps, this summer favorite is back on the menu.

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WHAT MAKES IT GREAT

**raw honey**

Processed varieties may not retain all the phytonutrients.

**hot peppers**

Fresh, dried and in sauce—all help burn calories and curb your appetite.

**cornmeal**

Be sure to look for *whole grain* on the package to get a full fiber boost.

**garlic powder**

Studies show it may help prevent stomach and breast cancer.

**egg white**

Using this low-fat protein in place of the skin keeps the crust crisp.

3g

saturated fat
per serving

*Stripping
off the skin and
coating chicken
in cornmeal before
frying keeps the
crust crunchy
and cuts fat.*

*Bite right into
the chile with the
chicken for a hit
of fresh heat.
Pluck out the seeds
if you prefer
milder fare.*

Sweet-Spicy Fried Chicken

Prep: 40 minutes

Cook: 25 minutes

Serves: 6

- 2 Tbsp. raw honey
- 3 Tbsp. hot cayenne pepper sauce such as Frank's
- ½ cup all-purpose flour
- ½ cup whole-grain medium-grind cornmeal
- 1 tsp. cayenne pepper
- 1 tsp. paprika
- ½ tsp. garlic powder
- ½ tsp. salt
- 1 large egg white
- 12 small drumsticks, skin removed
- Canola oil, for frying
- 1 fresh red chile such as Fresno, red finger or red jalapeño, thinly sliced

1 Whisk honey and 2 Tbsp. hot sauce.

2 In a dish, mix flour, cornmeal, spices and salt. In a bowl, whisk egg white until soft peaks form.

Fold in remaining 1 Tbsp. hot sauce. Coat chicken with egg mixture; dredge in flour mixture. Place on a baking sheet.

3 Set a wire rack over a baking sheet. Fill a cast-iron skillet with ½ inch oil (about 1½ cups); attach a deep-fry thermometer to the side. Warm oil over medium heat until it reaches 360°F, about 25 minutes. Add 6 drumsticks; cook, turning occasionally and adjusting heat to keep oil at 325°F, until a meat thermometer inserted into drumstick registers 165°F and chicken is browned, 10 to 12 minutes. Let drumsticks drain on wire rack. Return oil to 360°F and repeat with remaining chicken.

4 Just before serving, drizzle fried chicken with honey mixture and sprinkle with chile.

SERVING SIZE: 2 drumsticks, 2 tsp. sauce, ½ tsp. chile
369 Calories, 17g Fat (3g Sat.), 170mg Chol., 1g Fiber, 38g Pro., 15g Carb., 656mg Sod., 6g Sugar, 2mg Iron, 24mg Calcium

