

COMMENTS:

1 Although breast meat has less fat and sodium than thigh meat, thighs are juicier and more flavorful. (A 4-ounce breast has 1mg fat and 73mg sodium, 4 ounces of thigh meat has 4mg fat and 96mg sodium.)

2 Make fresh bread crumbs by tearing 1 slice of low-salt bread into pieces. Place in a food processor and pulse until desired coarseness. For additional info on making bread crumbs, see COOKING TIP, page 46.

POULTRY

FRIED CHICKEN

Sodium Per Serving – 77mg

Serves 4

The secret to this delicious chicken is the combination of spices, which I often use as a basic seasoning in many of my recipes.

2 tablespoons all-purpose flour	¼ teaspoon dried tarragon
½ teaspoon dried basil	¼ teaspoon dried thyme
½ teaspoon garlic powder	4 boneless, skinless chicken breasts or thighs (about 1 pound)¹
¼ teaspoon ground black pepper	1–2 tablespoons olive oil
¼ teaspoon dried rosemary, crushed	

- ▶ Mix together flour, basil, garlic powder, pepper, rosemary, tarragon, and thyme; dredge chicken in flour mixture, shaking off any excess.
- ▶ Heat oil in a large skillet over medium-high heat; add chicken. Cook until brown on one side, 4 to 5 minutes; turn. Decrease heat to medium-low; cover and cook until chicken is no longer pink, but still moist inside, 15 to 20 minutes.

NUTRITIONAL INFO PER SERVING: Calories 176, Fat 5g (Saturated Fat 1g), Cholesterol 69mg, Carbohydrates 3g (Fiber 0g, Sugar 0g), Sodium 77mg

VARIATION

OVEN-BAKED CHICKEN

Beat together 2 eggs and place in a dish. Instead of flour, substitute ½ cup unsalted or low-salt bread crumbs (see COMMENTS #2 above) and mix with spices in recipe above. Dip chicken in eggs, then coat with bread crumb mixture. Bake in a preheated oven at 350°F (180°C) for about 20 minutes, or until chicken is no longer pink, but still moist inside.

NUTRITIONAL INFO PER SERVING: Calories 216, Fat 6g (Saturated Fat 1g), Cholesterol 69mg, Carbohydrates 10g (Fiber 0g, Sugar 0g), Sodium 77mg

TOTAL SODIUM AND FAT PER INGREDIENT

Sodium:

1 lb chicken breasts - 307mg
or chicken thighs - 386mg

Fat (Sat Fat):

1 lb chicken breasts - 6mg (2mg)
or chicken thighs - 18mg (4mg)
1 T olive oil - 14mg (2mg)