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# Weight Watchers Oven-fried Chicken

2 pounds bone-in, skinless chicken pieces (such as thighs and drumsticks)

1 cup buttermilk

1 tablespoon Dijon mustard

2 teaspoons hot sauce

2 cups cornflakes, crushed

1/2 cup whole wheat flour

1 teaspoon paprika

1 teaspoon garlic powder

1 teaspoon onion powder

1/2 teaspoon dried thyme

Salt and pepper to taste

Cooking spray or olive oil spray

➊ Begin by immersing chicken pieces in a buttermilk bath with Dijon mustard and hot sauce.

➋ Crush cornflakes into coarse crumbs for the coating.

➌ Combine whole wheat flour, paprika, garlic powder, onion powder, dried thyme, salt, and pepper for the flour blend.

➍ Coat each marinated chicken piece with the flour blend and then press it into the crushed cornflakes.

➎ Prepare a baking pan, preheat the oven to 400°F, and place coated chicken pieces on the pan.

➏ Lightly coat the chicken with cooking spray or olive oil spray.

➐ Bake the chicken for 40-45 minutes or until internal temperature reaches 165°F.

➑ Let the chicken rest before serving.