

JUNE 2006

# HEALTHY COOKING

SIMPLE SOLUTIONS • HEALTHY ALTERNATIVES

## Summer Cool Down

Super Salads

Easy Chicken Dishes

Grilled Pizza

*plus:*  
cooking with chiles  
Devin Alexander  
*spice it with herbs!*

JUNE 2006  
U.S. \$3.95  
CANADA \$5.95



Devin Alexander's KFC:  
Popcorn Chicken Makeover

Olive oil spray

2 1/2 ounces boneless, skinless chicken breast

2 teaspoons unbleached or all-purpose flour

1/2 teaspoon sugar

1/4 teaspoon salt, plus additional for sprinkling

1/2 teaspoon ground black pepper, plus additional  
for sprinkling

1/8 teaspoon onion powder

2 egg whites

2 tablespoons fat-free milk

3/4 cup panko (Japanese bread crumbs)

Preheat the oven to 475°F. Lightly mist a non-stick baking sheet with oil spray. Set aside.

Place the chicken on a cutting board. Cover with a sheet of waxed paper. With the smooth side of a meat mallet, pound to an even 1/4-inch thickness. Cut into 25 pieces that are roughly the same size.

In a small resealable plastic bag, combine the flour, sugar, 1/4 teaspoon salt, 1/2 teaspoon pepper, and the onion powder. Shake to mix well. Add the chicken. Shake to completely coat the chicken with the flour mixture. Set aside.

In a small shallow bowl, combine the egg whites and the milk. Beat with a fork until smooth. Place the panko on a small sheet of waxed paper set next to the egg white mixture.

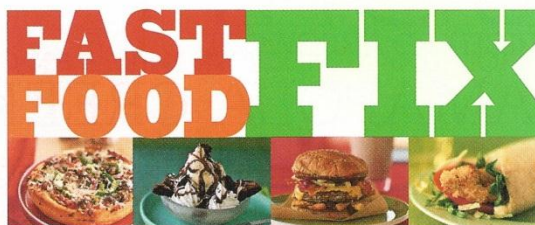
One at a time, dip the chicken pieces into the egg white mixture, being sure to coat completely. Allow any excess egg white mixture to drip off. Dip into the panko to coat completely. Dip a second time into the egg white mixture and the panko. Drop the pieces on the reserved baking sheet and arrange to make sure they're not touching. Lightly mist with oil spray. Season lightly to taste with salt and pepper.

Bake for 5 minutes. Carefully flip the chicken. Bake 5 to 7 minutes or until the breading is crunchy, but not browned, and the internal juices are clear (poke with a fork in the thickest part to check).

Makes 1 serving.

*Per serving: 354 calories, 30 g protein, 43 g carbohydrates, 0 g fiber, 5 g fat, 0 g saturated fat.*

*Original Recipe per serving: 660 calories, 29 g protein, 37 carbohydrates, 0 fiber, 44 g fat, 10 g saturated fat.*



DEVIN ALEXANDER

75+  
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