



Buttermilk fried chicken with chili lime yogurt sauce

Yield: 2-4 servings

Ingredients:

3 lbs. fryer chicken, cut into 8 pieces
2 cups buttermilk
1 tbsp chopped garlic
¼ cup parsley
2 tbsp chopped tarragon
1/2 teaspoon cayenne pepper
3 cups flour
1 teaspoon onion powder
1 teaspoon garlic powder
Salt and black pepper

Directions:

1. Soak chicken in buttermilk with garlic, parsley, tarragon and cayenne pepper for minimum 6 hours. Drain.
2. In a large bowl mix flour with onion powder, garlic powder, salt and black pepper.
3. Heat oil in fryer to 350 degrees. Place chicken pieces in bowl with flour and coat well.
4. Shake off excess flour and fry until chicken reaches minimum internal temperature of 165 degrees.
5. Drain and serve with chili lime yogurt sauce for dipping.

Chili lime Yogurt Sauce

Ingredients:

8 oz Kens Chili Lime Dressing
¼ cup Greek yogurt

Directions:

Combine and mix well. Label, date, refrigerate

Recipe and photo courtesy of Ken's