

Crowd-pleasing chicken



Crispy Buttermilk Chicken

- 2 tsp. garlic powder
- 1 tsp. each salt, dried thyme and Worcestershire-ground black pepper blend
- 2 cups buttermilk
- 1 whole chicken, cut into pieces
- 1 cup all-purpose flour
- 4 cups corn oil, for frying

1 In bowl, blend first 4 ingredients. In resealable plastic bag, combine ½ seasoning mixture, buttermilk and chicken. Let marinate at least 1 hr.

2 In separate plastic bag, blend flour and remaining seasoning mixture. Remove chicken from marinade; discard marinade. In batches, coat chicken in flour mixture.

3 In deep fryer, heat oil to 350°F. Fry chicken in batches 15 min., or until thermometer reads 165°F.

Prep time: 10 min. Total time: 40 min., plus marinating time Serves: 4

Per serving: Cal. 411 Pro. 32g Carb. 13g Fiber 0g Chol. 119mg Sod. 264mg Total fat: 13g Sat. 6g Trans. 0g



Zesty Radish Coleslaw

- ⅓ cup mayonnaise
- 3 Tbs. sour cream
- 1 Tbs. apple cider vinegar
- 1 tsp. Dijon mustard
- 1 tsp. granulated sugar
- 1 bag (16 oz.) shredded coleslaw mix
- ½ cup julienned radishes
- ½ cup sliced scallions

1 In large bowl, whisk together mayonnaise, sour cream, apple cider vinegar, Dijon mustard and granulated sugar until blended.

2 Add shredded coleslaw mix, julienned radishes and scallions to bowl; toss gently to coat.

3 Season with salt and ground black pepper, if desired. Line serving bowl with red cabbage leaf, if desired. Spoon mixture into serving bowl.

Prep time: 10 min. Total time: 10 min. Serves: 6

Per serving: Cal. 149 Pro. 2g Carb. 6g Fiber 2g Chol. 9mg Sod. 135mg Total fat: 15g Sat. 3g Trans. 0g



Very Veggie Pasta Salad

- 8 oz. asparagus, trimmed
- 1 orange, red and/or yellow pepper, seeded and quartered
- 2 small eggplants, yellow squash and/or zucchini, trimmed and sliced lengthwise
- 1 red onion, peeled and quartered
- ⅓ cup, plus 2 Tbs. olive oil, divided
- 3 Tbs. white wine vinegar
- 1 Tbs. each Dijon mustard and minced garlic
- ¼ cup chopped fresh basil
- 4 cups cooked twist pasta, cooled
- 1 cup halved grape tomatoes

1 Heat grill. In bowl, gently toss first 4 ingredients and 2 Tbs. oil.

2 Grill veggies 6 min., or until tender, turning once; remove. Chop.

3 In bowl, combine next 4 ingredients and remaining oil. Add pasta, tomatoes and vegetables; toss gently.

Prep time: 10 min. Total time: 20 min. Serves: 6

Per serving: Cal. 244 Pro. 5g Carb. 27g Fiber 5g Chol. 0mg Sod. 36mg Total fat: 14g Sat. 2g Trans. 0g

Creamy Berry Minis

- 6 graham-cracker boards, finely ground
- 3 Tbs. melted butter
- 6 Tbs. granulated sugar, divided
- 1 lb. cream cheese, softened
- ½ cup heavy cream
- 1 tsp. each vanilla extract and lemon zest
- 2 eggs
- 1½ cups whipped topping
- 1½ cups blueberries and/or sliced strawberries

1 Heat oven to 325°F. In bowl, combine cracker crumbs, butter and 2 Tbs. sugar; press crumb mixture into bottom of cupcake liners placed in wells of 12-well muffin pan.

2 In bowl of electric mixer on medium speed, beat cream cheese and remaining sugar 30 sec. Add heavy cream, vanilla extract and lemon zest. Beat 30 sec. Beat in eggs, 1 at a time, until combined. Divide batter evenly among cupcake liners.

3 Bake 20 min., or just until set. Let cool completely. Divide whipped



topping evenly among tops of cupcakes. Top with fruit, arranging combinations as desired.

Prep time: 15 min. Total time: 35 min., plus cooling time Serves: 12

Per serving: Cal. 337 Pro. 6g Carb. 17g Fiber 1g Chol. 118mg Sod. 246mg Total fat: 27g Sat. 17g Trans. 1g