



Bates County  
Memorial Hospital

# CRISPY CRUNCHY CHICKEN



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# BANG BANG CHICKEN

Your taste buds are not going to know what hit them with this deceptively healthy Bang Bang Chicken recipe. Crispy herbed gluten-free panko bread crumbs, sweet and spicy Bang Bang Sauce and juicy chicken thighs come together in a delicious marriage of flavors.

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## Bang Bang Chicken

4 boneless, skinless chicken thighs,  
*cut into 1-inch pieces*

1 cup almond flour

2 cups gluten-free plain panko bread crumbs

1 tsp dried thyme

1 tsp garlic powder

1 tsp onion powder

1 tsp smoked paprika

2 large eggs

¼ cup water

½ tsp ground black pepper

¼ tsp Kosher salt

1 green onion, *sliced thin (for garnish)*

## Bang Bang Sauce

½ cup nonfat plain Greek yogurt

¼ cup Thai sweet chili sauce

1 Tbsp sriracha sauce

1 Tbsp honey

In a small bowl, combine all ingredients for the sauce; refrigerate until ready to serve.

Preheat oven to 425°F. Line a rimmed baking sheet with parchment paper; set aside.

Place three medium mixing bowls in a line. In the first bowl, add the flour. In the second, whisk together the eggs, water, black pepper and salt. In the third, mix together the bread crumbs, thyme, garlic powder, onion powder and smoked paprika.

Coat the chicken in the flour, then dredge in the egg mixture and then coat with the panko mixture. Place on the prepared baking sheet; repeat with remaining chicken.

Lightly spray chicken with cooking spray. Bake for 15 minutes until lightly golden. Remove from oven, rotate chicken with tongs and spray with cooking spray again. Return to the oven and bake for another 12 to 15 minutes. Transfer to a serving bowl.

Drizzle the Bang Bang sauce lightly over the top of the chicken and garnish with sliced green onion. Serve the remaining sauce in a small dipping bowl.

**Yield:** 6 servings | **Serving size:** 4 pieces chicken; 1 Tbsp sauce

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**Nutrition Facts (per serving):** Calories: 254; Fat: 11g; Saturated Fat: 2g; Cholesterol: 314mg; Sodium: 174mg; Carbohydrates: 54g; Fiber: 3g; Protein: 14g



# CRISPY SOUTHERN CHICKEN

This crispy Southern chicken recipe gives you all the deliciously down-home flavor without the high fat of traditional fried chicken. Skinless chicken breast is marinated in a yogurt-herb mixture before being baked to deep, golden perfection.

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- 1 cup low fat plain Greek yogurt
- 1 tsp dried thyme
- 1 garlic clove, *minced*
- 1 tsp paprika
- ¼ tsp cayenne pepper
- ½ tsp salt
- 2 lbs boneless, skinless chicken breast halves or chicken thighs
- 1 Tbsp butter, *melted*
- 1 cup seasoned panko bread crumbs

In a large bowl, combine the yogurt, thyme, garlic, paprika, cayenne and salt and mix well. Add the chicken and coat it with the mixture. Marinate the chicken, covered and refrigerated, for 2 hours or overnight.

Preheat the oven to 400°F.

Lightly coat a shallow roasting pan with nonstick cooking spray. In a shallow dish, combine the butter and bread crumbs. Dredge the chicken in the bread crumbs, shaking off the excess. Transfer the coated chicken pieces to the pan.

Bake chicken breasts for 25 minutes and thighs for 30 to 35 minutes, or until tender.

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**Yield:** 6 servings | **Serving size:** 4 oz chicken

**Nutrition Facts (per serving):** Calories: 256; Fat: 5g; Saturated Fat: 2g; Cholesterol: 84mg; Sodium: 462mg; Carbohydrates: 16g; Fiber: 1g; Protein: 35g



# BUFFALO CHICKEN TENDERS

Enjoy crisp, buttermilk-marinated chicken tenders tossed with spicy Buffalo sauce. Whole-wheat flour and cayenne pepper create a wholesome crunch that will keep you coming back for more.

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- ¼ cup hot sauce
- ½ cup low fat buttermilk
- 1 ½ lbs chicken tenders (about 3 oz each)
- 2 egg whites
- ¼ cup whole wheat flour
- ½ cup whole wheat bread crumbs
- 1 tsp paprika
- ½ tsp cayenne pepper, *or to taste*
- ⅛ tsp black pepper
- Fat-free blue cheese dressing, *optional*
- Celery stick, *optional*

Preheat oven to 400°F. Place a wire rack on a rimmed baking sheet.

In a small bowl, whisk together hot sauce and buttermilk until combined. In a large, shallow dish, arrange chicken tenders in one layer. Top with hot sauce mixture and toss to coat chicken evenly. Cover and marinate in the refrigerator for 30 minutes.

In a shallow dish, whisk egg whites until frothy. In another shallow bowl, combine flour, bread crumbs, paprika, cayenne and black pepper.

Dip chicken tenders in egg whites, then roll in bread crumb mixture to coat evenly, shaking off the excess. Arrange coated chicken tenders on wire rack on baking sheet. Lightly spray with oil cooking spray.

Bake for approximately 15 minutes, turning halfway through cooking, or until juices run clear.

Serve with blue cheese dressing and celery sticks, if desired.

**Yield:** 6 servings | **Serving size:** 1 chicken tender

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**Nutrition Facts (per serving):** Calories: 189; Fat: 2g; Saturated Fat: 1g; Cholesterol: 66mg; Sodium: 385mg; Carbohydrates: 8g; Fiber: 2g; Protein: 34g



# LUNCH BOX CRISPY CHICKEN FINGERS

Irresistibly crispy (and healthy) chicken fingers are officially on the menu. Boneless chicken breasts are coated in panko breadcrumbs and savory spices before being baked to golden-brown perfection.

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1½ lbs boneless, skinless chicken breast, *sliced into strips*

2 eggs

1 cup panko bread crumbs

1 tsp paprika

1 tsp dried basil

1 tsp dried oregano

1 tsp dried parsley

½ tsp garlic powder

½ tsp salt

¼ tsp black pepper

Preheat the oven to 375°F. Lightly spray a baking sheet with nonstick cooking spray.

In a bowl, whisk the eggs. In another bowl, combine the bread crumbs, paprika, basil, oregano, parsley, garlic powder, salt and black pepper.

Dip chicken into egg and then toss into panko mixture.

Arrange the chicken in a single layer on the prepared baking sheet. Spray the chicken with nonstick cooking spray. Bake for 12 to 15 minutes, or until the chicken is cooked through and golden. Serve immediately or at room temperature.

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**Yield:** 6 servings | **Serving size:** 2 chicken tenders

**Nutrition Facts (per serving):** Calories: 182; Fat: 3g; Saturated Fat: 1g; Cholesterol: 128mg; Sodium: 311mg; Carbohydrates: 8g; Fiber: 0; Protein: 29g



# CHICKEN NUGGETS

Skip the drive-thru and serve up a homemade chicken nugget with wonderfully crispy skin and a tender interior. No processed meat or deep-frying here — this baked chicken nugget recipe boasts an impressive 2 grams of fat per serving (versus the average fast food nugget's 12 grams).

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1 lb boneless, skinless chicken breast

¼ cup whole wheat flour

1 tsp paprika

¼ tsp black pepper

½ tsp salt

2 egg whites

¼ cup low-fat buttermilk or skim milk

1 cup finely crushed corn flakes

Preheat oven to 400°F.

Cut chicken into 1½-inch pieces. In a bowl combine flour, paprika, pepper and salt. Roll chicken pieces in the flour mixture to cover on all sides, shaking off excess flour. Set aside.

In a small bowl lightly beat egg whites and buttermilk. In another bowl, place the cornflakes. Dip each chicken piece into egg mixture then coat with cornflakes, covering completely.

Place a wire rack on top of a baking sheet. Arrange chicken pieces in a single layer on rack. Bake 12 to 15 minutes, turning halfway through cooking, until golden. Serve with ketchup or honey mustard, if desired.

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**Yield:** 4 servings | **Serving size:** 4 pieces

**Nutrition Facts (per serving):** Calories: 166; Fat: 2g; Saturated Fat: 0; Cholesterol: 40mg; Sodium: 641mg; Carbohydrates: 12g; Fiber: 1g; Protein: 27g





## Taking Care of Each Other

Putting food on the table plays such an important role in our lives. So often, meaningful moments of connection happen when we prepare food together or gather around the table. We hope the healthy recipes in this cookbook contributed to your family's wellness and making good memories together.

Here at Bates County Memorial Hospital, we know how important it is to take care of each other, and to connect with our patients to provide the best care. When you need us, we are here to take care of all of your family's health and wellness needs.



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