

## Cain's Corner

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Nutrition Tips from USAPEEC's  
Registered Dietician



# rosemary-walnut oven fried chicken

My Southern grandmother would be deeply disappointed to know I was baking my “fried” chicken, but trust me: this dish is so good you won’t miss the deep fryer.

For a nice crunch, walnuts serve as the “breading” in this recipe before they are crisped in the oven. Losing the frying oil means cutting back on those detrimental fats while adding walnuts increases the heart-healthy ones.

Head over to this [link](https://www.myrecipes.com/recipe/walnut-rosemary-oven-fried-chicken) for the full recipe:

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