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Crispy Parmesan Chicken Legs

Finger foods are not just for kids. Serve this crispy chicken warm, or chill and pack for lunches or a picnic.

Ingredients

- 1/2 cup grated fresh Parmesan cheese, divided
- [1/4 cup Atkins Bake Mix](#)
- 1/2 teaspoon freshly ground black pepper
- 3 pounds chicken legs, cut into drumstick and thigh pieces
- 1 cup seasoned Atkins breadcrumbs [Atkins Bread Crumbs](#)
- 2 eggs
- vegetable oil for frying

Directions

1. Combine half the cheese, bake mix and pepper on a plate. Press chicken into mixture to coat. In a shallow bowl, combine remaining Parmesan mixture with breadcrumbs. Beat eggs with a fork in a shallow bowl.
2. In batches, coat chicken pieces with egg and then with crumb mixture. Place on a rack to dry for 15 minutes.
3. Heat oven to 250° F. Heat 1/2 oil in large skillet over medium heat to 325° F. Fry half of the chicken, skin-side-down, covered, 10 minutes, until rich golden brown on one side. Turn over pieces and cook uncovered 10-12 minutes more, until rich golden brown. Place cooked chicken in oven, on a rack set over a baking sheet while cooking remaining chicken.

[IN BRIEF]

Servings: 6
Prep time: 10 minutes
Bake/Cook time: 30 minutes

[NUTRITION PER SERVING]

Carbohydrates: 4.5 grams
Net Carbs: 2 grams
Fiber: 2.5 grams
Protein: 39 grams
Fat: 30 grams
Calories: 459

Good for
Atkins Plus:

You can find this article at:

http://www.atkinscenter.com/food/recipes/all/Crispy_Parmesan_Chicken_Legs.html

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