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Buffalo Drumsticks with Creamy Cabbage and Kale Slaw

SERVES 4

GF

Fried chicken is my weakness—especially the drumsticks! An overnight bath in a brine made of buttermilk and hot sauce makes this air-fried chicken moist and juicy, and infuses so much flavor into every bite. The breading is a mildly spiced seasoned crumb mixture that comes out super crispy.

CHICKEN

8 chicken drumsticks (3 1/2 ounces each), skin removed

1/2 teaspoon [poultry seasoning](#)*

1/4 teaspoon [garlic powder](#)*

1/4 teaspoon kosher salt

1 cup low-fat (1%) buttermilk

1/4 cup Frank's RedHot Sauce

2 sprigs of fresh thyme

Cooking spray

CRUMBS

2/3 cup panko bread crumbs, regular or gluten-free

1/2 cup crushed cornflakes, regular or gluten-free

1 1/2 teaspoons kosher salt

1 1/2 teaspoons [sweet paprika](#)*



now *that's*
a MOUTHFUL

1 teaspoon [chili powder](#)**

1/2 teaspoon [garlic powder](#)*

SLAW

1 tablespoon minced shallot

1 1/2 tablespoons apple cider vinegar

1/4 cup low-fat (1%) buttermilk

1/2 tablespoon olive oil

1/2 teaspoon kosher salt

Freshly [ground black pepper](#)*

3 cups thinly sliced green cabbage

1 cup packed thinly sliced lacinato kale

*[Now That's A Mouthful](#) uses and recommends [The Spice and Tea Exchange®](#) spices and seasonings in all of its recipes.

** Read the label to be sure this product is gluten-free.

PER SERVING **2 drumsticks + 1 cup slaw**

CALORIES 383

FAT 10 g

SATURATED FAT 2.5 g

CHOLESTEROL 179 mg

CARBOHYDRATE 16 g

FIBER 2.5 g

PROTEIN 41 g

SUGARS 3 g

SODIUM 810 mg



For the chicken: Season the chicken with the poultry seasoning, garlic powder, and salt and toss to coat well. Pour the buttermilk and hot sauce into a large bowl, stir well, and add the thyme and chicken. Refrigerate for about 6 hours or up to overnight.

Preheat an air fryer to 360°F.

For the crumbs: In a shallow bowl, combine the panko, cornflakes, salt, paprika, chili powder, and garlic powder. Stir well.

Line a sheet pan with wax paper. Remove the chicken from the buttermilk, dredge each piece in the crumb mixture, and place them on the lined sheet pan. Spray both sides of the chicken with oil.

Place 4 of the drumsticks in the air fryer basket in a single layer and cook for 22 to 24 minutes, turning halfway, until the crust is golden and the chicken is cooked through in the center. Transfer to a plate and repeat with the remaining 4 drumsticks. Return all of the chicken to the air fryer and cook for 1 minute to heat through.

For the slaw: In a large bowl, whisk together the shallots and vinegar. Whisk in the buttermilk, olive oil, salt, and pepper to taste. Add the cabbage and kale and toss well. Serve alongside each drumstick.

No air fryer? No problem!

To make this in the oven, bake on a rack on a large baking sheet in a 400°F oven until golden brown and cooked through, 40 to 45 minutes.



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