

## "Unfried" Chicken



### **Makes:**

6 servings

### **Utensil:**

12" Electric Oil Core Skillet

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### **Recipe Description:**

Everything you love about fried chicken just got better! With Saladmaster, you can enjoy tasty, tender, crispy chicken that's fried in its own natural juices without any added grease, fats or oils to weigh you down! Want a taste of the good life? [Find a Dealer](#) to book a Saladmaster Cooking Show today!

12

chicken thighs, boneless, skinless

### **Directions:**

1. Preheat the electric skillet to 450°F/230°C.
2. Place chicken in skillet; it will initially stick.
3. Place cover on skillet, leaving the lid ajar. This will allow air to flow through the cookware creating a crispy, fried chicken (as opposed to the baking method).
4. When the chicken loosens from the skillet, approximately 10 - 15 minutes (the length of time depends on the size of the chicken), turn and cook another 10 - 15 minutes.
5. Optional: Season the hot chicken with desired seasonings once removed from the skillet.

**Tips:**

- A great benefit of cooking with Saladmaster® is that there is no need for any oil (and oil of any kind is 100% fat).

**Nutritional Information per Serving****Calories:**

187

**Total Fat:**

2g

**Saturated Fat:**

1g

**Cholesterol:**

99mg

**Sodium:**

111mg

**Total Carbs:**

0g

**Dietary Fiber:**

0g

**Sugar:**

0g

**Protein:**

39g