

## No-Fry Chicken-Fried Steak

### NUTRIENT ANALYSIS

Calories	358
Protein	46 g
Carbohydrate	27 g
Total Fat	7 g
Saturated Fat	3 g
Cholesterol	104 mg
Fiber	3.5 mg
Sugars	0 g
Sodium	576 mg

Each serving counts as 1 protein and approximately 1 starchy carbohydrate.

I confess that my all-time favorite food is chicken-fried steak, a popular dish in Texas, served practically everywhere, from truck stops to country cooking restaurants. It is estimated that eight hundred thousand chicken-fried steaks are eaten in the Lone Star state every day. As much as two cups of fat are normally required to shallow-fry chicken-fried steak, however, so eating this Texas specialty as a matter of habit is sure to invite plenty of unwelcome pounds. In this version, most of the fat has been eliminated, and the calories pared considerably, all without sacrificing flavor.

### 4 servings

- 4 top round or sirloin tip steaks (about 5 ounces each)
- 1 teaspoon meat tenderizer
- 1 cup low-fat buttermilk
- Nonstick spray
- 1 cup oat flour, or 1 cup uncooked old-fashioned rolled oats, finely ground in a food processor or blender (*not* quick-cooking oats)
- 2 teaspoons sweet paprika
- 1 teaspoon onion powder
- 1 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon cayenne pepper, optional

1. Place the steaks between two large sheets of wax paper. Using a meat mallet or the bottom of a large, heavy saucepan, pound the steaks to 1/4-inch thickness. Remove the top sheet of wax pa-

per, prick the meat with a fork at 1/2-inch intervals, and season evenly across the pricked surface with meat tenderizer. Peel steaks off the bottom sheet of wax paper and place in a large shallow roasting pan (they can overlap). Pour the buttermilk over the steaks and marinate at room temperature for 30 minutes, turning occasionally to coat thoroughly in buttermilk.

2. Meanwhile, position the rack in the bottom third of the oven and preheat to 400°F. Spray a large, shallow roasting pan or a large, rimmed baking sheet with nonstick spray. On a large plate, combine the oat flour or ground oats with the paprika, onion powder, salt, garlic powder, black pepper, and cayenne, if using, mixing well.

3. Dredge the buttermilk-coated steaks in oat flour mixture, then place in the prepared baking pan. Spray them lightly with nonstick spray. Bake until firm but tender when pierced with a fork and lightly browned, about 30 minutes.