

Oven Roasted Spiced Chicken Breast Recipe



PREP TIME:
25 MINUTES

COOK TIME:
28 MINUTES (350 DEGREE OVEN)

TOTAL TIME:
53 MINUTES

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Recipe type: Gluten & Dairy-Free

Yield: 4 Servings

Water Bath Ingredients (for Brining)*Worth doing for super tender chicken!

- 1 ¼ - 1 ½ lb. Organic Chicken Breasts (fat trimmed)
- 3-4 cups lukewarm water
- 2 Heaping TBSP Salt (Himalayan preferred)

Instructions:

1. In large bowl, add salt and water. Stir until salt is dissolved.
2. Add chicken breasts to water.
3. Soak for 20 minutes.

Chicken Spices Ingredient List:

- ½ tsp Paprika
- Cracked Black Pepper to liking
- ½ tsp Garlic Powder
- ½ tsp Onion Powder

- ½ tsp Dried Thyme
- ½ tsp Dried Rosemary
- ½ tsp Dried Italian Seasoning
- ½ tsp Cumin
- 1/8 tsp Cayenne Pepper
- ½ tsp Dried or 1 TBSP Fresh Parsley
- 2 TBSP Extra Virgin Olive Oil and/or Olive Oil Cooking Spray

Chicken Instructions:

- Preheat oven to 350
- Drizzle ½ the olive oil on the bottom of a medium/large Corning Ware or glass baking dish
- Place chicken in dish and drizzle with olive oil.
- Sprinkle all ingredients on top of chicken and then flip chicken, repeating with olive oil and spices **(no need to cover)**
- Bake at 350 for about 28 minutes.
- Let sit for at least 5-10 minutes before slicing. Will help with keeping meat tender.

Suggestions: Double the recipe and bake 2 dishes at the same time. This chicken can be used throughout the week for so many meal ideas.

- Top your favorite salad with this tasty chicken.
- Use in Fajitas / Quesadillas / Tacos
- Serve over Pasta with steamed veggies.
- ***It's a great way to make easy food prep and incorporate into weekly meals!**