

Fast Baked Chicken Breast



PREP TIME:
10 MINUTES

COOK TIME:
16-18 MINUTES

REST TIME:
5-10 MINUTES

TOTAL TIME:
32-37 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 4 Servings

Ingredients:

- 1 – 1 ¼ lb. Organic Chicken Breast
- 1 TBSP Olive Oil
- 1 TSP Garlic Powder
- 1 TSP Onion Powder
- 1 TSP Oregano
- 1 TSP Paprika
- 1 TSP Cumin
- ¾ TSP Himalayan Sea Salt
- ¼ TSP Black Pepper
- 6-8 Basil Leaves

Instructions:

1. Preheat oven to 450 degrees. Set aside a medium sized corning ware pan or stone baker.
2. Lightly spray/coat pan with olive oil.
3. Combine all dry ingredients from garlic powder through pepper in small bowl.
4. Place all chicken breasts in a large Ziploc bag. Pound chicken with meat tenderizer so all chicken breasts are even.
5. Place chicken in pan and drizzle all sides with olive oil.
6. Sprinkle dry rub onto chicken flipping over to coat all sides.
7. Bake chicken in oven approximately 16-18 minutes. Internal temp should reach 165 degrees.
8. Remove pan from oven and cover loosely with foil. Let rest for 10 minutes before slicing.
9. Top with basil.

***Try and use all organic ingredients if possible.**