

Perfect Chicken

This chicken turns out "perfect" every time! This recipe makes just enough for one hearty, main dish salad.

Tip

This chicken freezes really well. To freeze, you can either coat raw chicken in oil and seasonings. Freeze in ziplock bag. Thaw and bake as usual. Or you can prepare the chicken according to recipe, cool and freeze. Simple thaw and reheat for a quick and easy meal.

- 2-4 chicken breasts, thawed
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp paprika
- 2-3 Tbls olive oil

Combine all seasonings together and coat chicken breasts. Heat olive oil over med-high heat and cook chicken 2-3 minutes on each side. Bake, uncovered, 350 degrees for 25 minutes. After removing from oven, cover with foil and let sit for 5-10 minutes before slicing.