

## Blackened Chicken

Quick & easy for a juicy, spicy treat!

### Ingredients

- 2 boneless, skinless chicken breasts
- 1 Tbls paprika
- 1 tsp dried oregano
- 1 tsp dried parsley
- 1 tsp garlic salt
- 1 tsp onion powder
- ¼ tsp cayenne pepper (use a little more if you like it hot but be careful!)



### Directions

1. Preheat the oven to 425 degrees.
2. Wash chicken breasts and pat dry with paper towel.
3. Spray 8 x 10 baking dish with cooking spray.
4. Mix spices together in shallow dish.
5. Spray chicken breasts with cooking spray or rub lightly with olive oil.
6. Dredge chicken breast through spices, coating the top side of each piece.
7. Place in glass dish and bake for 25-30 minutes or until juices run clear.
8. Serve with colorful veggies and a salad! Enjoy~

Makes 48 servings

### Nutrition Facts:

Calories 135  
Total Fat 1g  
Total Carbohydrates .5g  
Dietary Fiber 0g  
Protein 31g