

PERFECT JUICY CHICKEN

(MAKES 4 SERVINGS, ½ BREAST EACH)

TOTAL TIME: 21 MIN. + 10 MIN. RESTING TIME
PREP TIME: 3 MIN.
COOKING TIME: 18 MIN.



2 (10-oz. each) raw chicken breasts, boneless, skinless
½ tsp. ground paprika
½ tsp. garlic powder
¼ tsp. sea salt (or Himalayan salt)
Nonstick cooking spray

1. Preheat oven to 425° F.
2. Pat chicken breasts dry with paper towels; sprinkle all over with paprika, garlic powder, and salt.
3. Heat a large cast-iron skillet over medium-high heat; coat lightly with spray.
4. Add chicken breasts; cook for 3 minutes without moving, until lightly browned and meat releases easily from pan. Flip; place pan in oven. Bake for 13 to 15 minutes, or until juices run clear when pierced with a knife.
5. Transfer chicken to a cutting board; let rest for 10 minutes. Cut each breast in half, or slice, if desired. Divide chicken evenly among four plates; serve immediately, or store refrigerated in an airtight container for up to 4 days.

Tips:

- Cooking chicken at a higher temperature for a shorter amount of time helps prevent it from drying out.
- Enjoy as a protein with any meal.
- Season with any combination of spices you like. Try curry powder, ground turmeric, ground cumin, or dried oregano.
- Most chicken breasts available in grocery stores are between 8 and 12 oz. each. If you buy smaller, 5- to 6-oz. breasts, use four for this recipe and adjust cooking time to 10 to 13 minutes.
- If you don't have a cast-iron skillet, you can use any heavy, oven-safe pan.

Recipes containing the **GF** icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the **ND** icon indicate the recipes are not made with dairy ingredients.

Recipes containing the **P** icon are designed to be high in protein. These recipes contain at least 20% of the daily value for protein.



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