

Easy Baked Chicken

Cooking Skill Level: Easy

Prepare Ahead
Great for Leftovers

Number of servings: 4-6

Total time: 35 minutes

Ingredients:

- 4 chicken breasts or thighs
- 1 Tbsp vegetable oil

Seasoning Mix*:

- 1 tsp dried oregano
- ½ tsp garlic powder
- 1 tsp paprika
- ½ tsp salt
- ½ tsp pepper
- 1 Tbsp brown sugar

*Multiply amounts and store in a jar for future meals

Instructions:

1. Preheat oven to 400F.
2. Pound chicken breast at thickest part to 1.5cm, if needed.
3. Mix seasoning ingredients.
4. Add oil and seasoning mix into bowl with chicken. Mix until chicken is fully coated*.
5. Line baking tray with foil/parchment paper.
6. Bake for 20-25 minutes until surface is golden or until internal temperature is 165F/ 75C using a meat thermometer.
7. Remove from oven - wait a few minutes before serving. Serve with vegetables and whole grains/ starch foods for a balanced meal.

*Prepare ahead: chicken can be marinated and stored in glass container for up to 24 hrs.

Nutrition Facts: Per serving*		
Calories 211	% Daily Value	
Protein	34g	
Carbohydrate	3g	1 %
Fibre	0g	1 %
Sugars	2g	
Fat	4g	7 %
Sodium	20mg	9 %

* Approximate amounts