

Quick and Easy Chicken Breast

4 Servings

Amount	Size	Description
4	Whole	Chicken Breast
1 ½	Tbl	Old Norse World Cuisine Spice Blend of Choice
1	Tbl	Olive Oil

1. Trim the chicken breast.
2. Rub a little olive oil over the entire chicken breast.
3. Sprinkle any of the spice blends desired on the counter.
4. Roll the chicken breast over the spice blend harshly to press the spices into the meat. Caution on using too much spice blend. Some blends are rather robust and may add more flavor than desired.
5. Place the meat on a grated tray over a cookie sheet covered in tin foil.
6. Place the meat into a preheated oven at 350° and cook for 30 to 45 minutes until a meat thermometer reads 165°.
7. Remove from the oven and let sit for 10 minutes

