

Cajun Chicken

- 2 lbs. chicken breasts, boneless & skinless
- 2 tablespoon avocado oil

Homemade Cajun Seasoning:

- 2 1/2 teaspoons paprika
- 2 teaspoons garlic powder
- 1 1/4 teaspoon oregano
- 1 1/4 teaspoon thyme
- 1 teaspoon onion powder
- 1 teaspoon cayenne pepper
- 1 teaspoon ground black pepper
- 1 1/2 teaspoon Himalayan sea salt
- 1/2 teaspoon red pepper flakes



1. Cut chicken breasts lengthwise into thinner cutlets and place in a large bowl. In a small bowl, add paprika, garlic powder, oregano, thyme, onion powder, cayenne pepper, black pepper, salt and red pepper flakes; stir to combine.

2. Sprinkle 1 1/2 tablespoons of prepared cajun seasoning in the step above on chicken breasts and using tongs toss to coat. If you are grilling or baking cajun chicken, also add avocado oil to the mix.

3. Pan Fried Cajun Chicken: Preheat large ceramic non-stick skillet on medium heat and swirl oil to coat. Add chicken and cook for 5 minutes or until white edges appear, turn, and cook for another 4-5 minutes.

4. Baked Cajun Chicken: Preheat oven to 450 degrees F, arrange chicken in a single layer in a large baking dish and bake for 25 minutes. Remove from the oven, cover, and let rest for 10 minutes.

Makes 8 servings.

Serving Size = 3 ounces chicken

Enjoy with one cup of on plan fruit and 2 servings of vegetables to complete the meal.

Tip! Use the seasoning above and mix in with cauliflower rice, chopped green onions, garlic cloves, chopped bell peppers for a great “dirty rice” recipe to go with the chicken

