

## Juicy Oven Baked Chicken Breast

- 1 tablespoon olive oil and
- 1 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/2 teaspoon Himalayan sea salt
- 1/2 teaspoon dried thyme
- 1.5 pounds boneless skinless chicken breasts

1. Preheat the oven to 375F.

2. Mix together the garlic olive oil and spices. Place the chicken breast on a parchment paper lined baking sheet. Spread half the olive oil spice rub on the chicken breast. Flip and coat the other side

3. Bake the chicken in a 375F oven for 25-30 minutes (depending on thickness). Remove from the oven and allow to rest for 5-10 minutes Slice thin.



Serving Size = 3 ounces of protein = 🍗