

Oven Baked Chicken Breast

For the chicken:

- 4 boneless, skinless chicken breasts
- 4 cups lukewarm water about 90 to 105 degrees Fahrenheit
- 1/4 cup Himalayan sea salt
- 2 teaspoons extra virgin olive oil



Chicken seasoning blend:

- 1/4 teaspoon salt, (optional - chicken will have absorbed some of the salt from the salted water)
- 1/4 teaspoon fresh ground pepper
- 1/2 teaspoon smoked or sweet paprika
- 1/8 teaspoon cayenne pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried rosemary
- 1/4 teaspoon dried parsley
- Fresh chopped parsley, for garnish

Directions:

1. Preheat oven to 425F. Place chicken breasts in a large bowl & set aside.
2. In a large measuring cup or a mixing bowl combine water & salt; stir and pour over chicken breasts. Set aside for 20 to 30 minutes. You can also also cover the bowl & refrigerate for 2 hours.
3. In the meantime, prepare the seasoning. Combine salt, fresh ground pepper, paprika, cayenne pepper, garlic powder, onion powder, dried thyme, dried basil, dried rosemary, & dried parsley in a small bowl; stir around the seasonings until thoroughly incorporated. Set aside.
4. Pour out the salt water & rinse each chicken breasts under cold water; pat dry.
5. Place the chicken breasts in a baking dish & rub the olive oil all over each chicken breast.
6. Sprinkle seasoning blend evenly over the chicken breasts on all sides. You don't have to use the entire seasoning blend; use as much as you like.
7. Transfer to the oven & cook for 22 to 25 minutes, or until internal temperature reaches 165F. Thinner breasts will need less time, thicker breasts might need a little more time in the oven. Start checking for doneness at the 20 minute mark.
8. For a browned, crispy top, set your oven to broil on high for the final 4 minutes & broil the chicken until golden on top. Remove & transfer chicken breasts to a serving plate.
9. Garnish with fresh chopped parsley and serve.

Serving Size = 3 ounces, enjoy on a bed of rice cauliflower with the same seasoning, a 1 cup of fruit