



## *Garden Fresh Farm Recipes*

# Oven Roasted Chicken Breasts

This oven roasted chicken breast recipe is simple and easy to make. The chicken breasts are perfectly juicy and tender. If you have a recipe that calls for cooked chicken, use this recipe and season the breasts accordingly.

### **Ingredients:**

2-4 large chicken breasts  
2 tablespoons olive oil  
Salt and Pepper  
Favorite seasoning mix (Creole, Italian, poultry)

### **Directions:**

Preheat the oven to 400 degrees.

Drizzle the oil over the chicken breasts.

4 large chicken breasts, 2 tablespoons olive oil

Rub seasoning all over the chicken breasts until evenly coated. (Use the quantity of seasoning you like 1-2 Tbsp)

Place the chicken on a sheet pan lined with parchment paper or in a greased casserole dish.

Bake in the oven for 16-18 minutes or until the internal temperature of the chicken reaches 165 degrees.

### **Notes:**

Use an instant read thermometer to make sure that the chicken is cooked through, it should register at 165F. The chicken breasts should be an even white color throughout.

Let the breasts rest under some tented foil for 5 minutes before slicing and serving.

